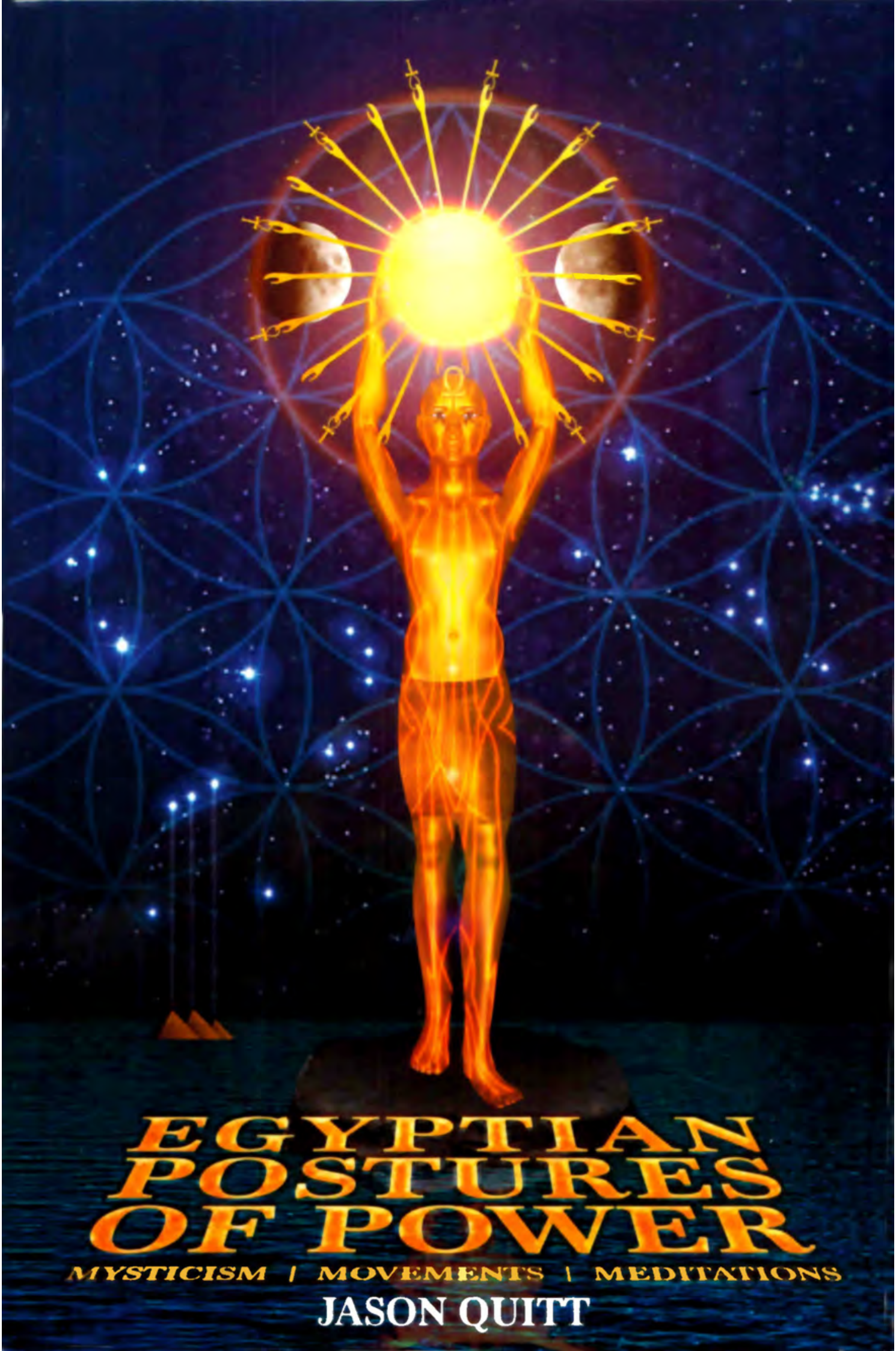
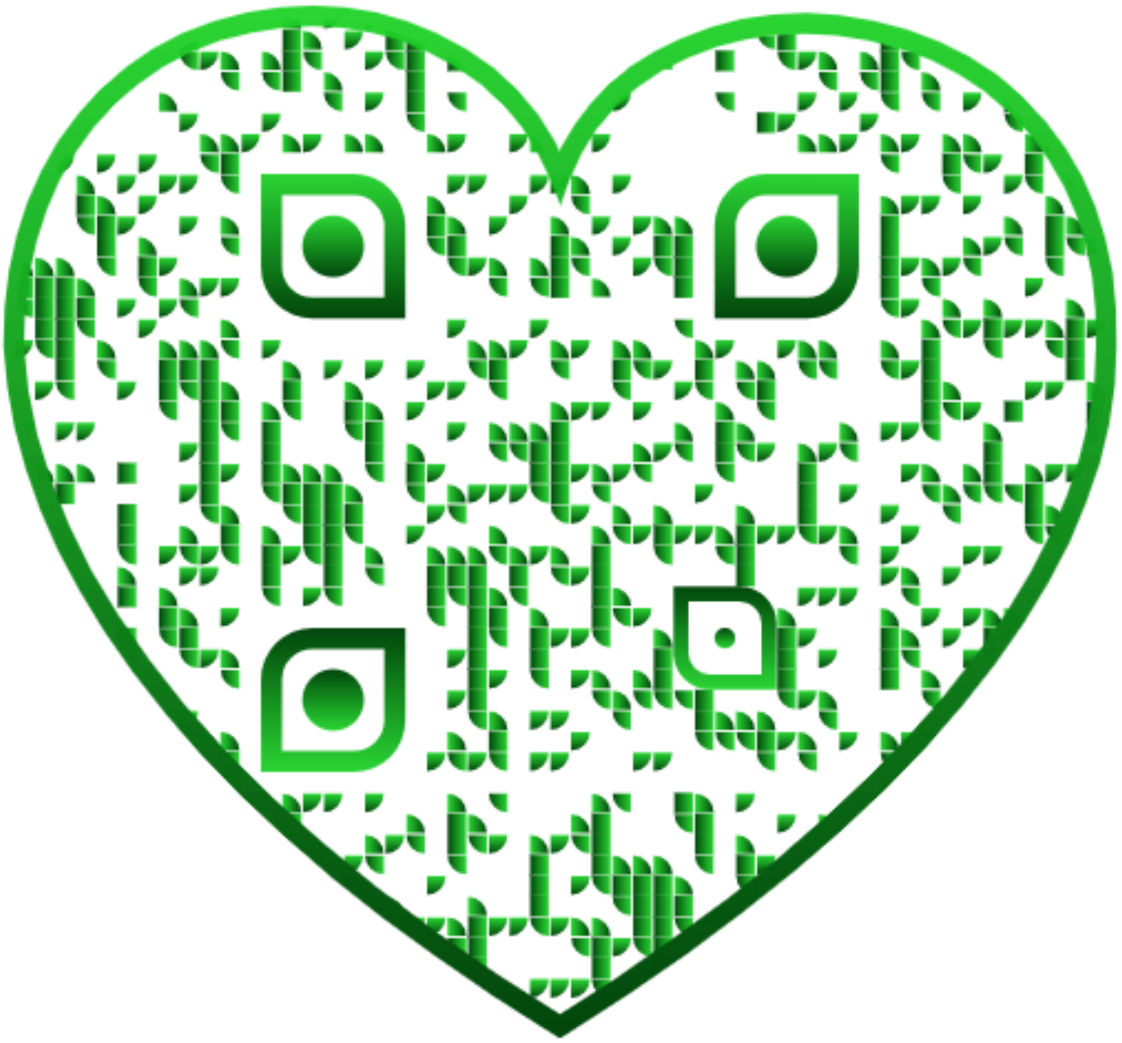
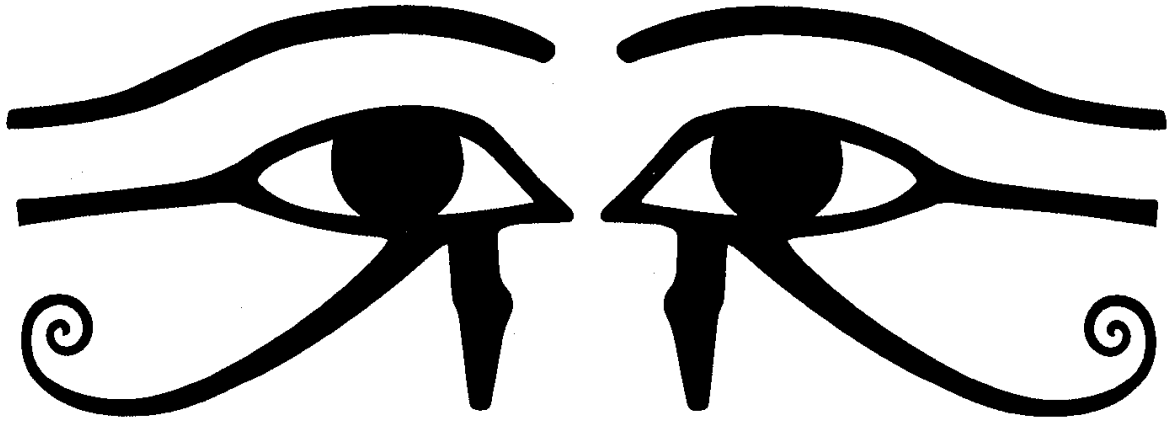

EGYPTIAN
POSTURES
OF POWER
MYSTICISM | MOVEMENTS | MEDITATIONS
JASON QUITT





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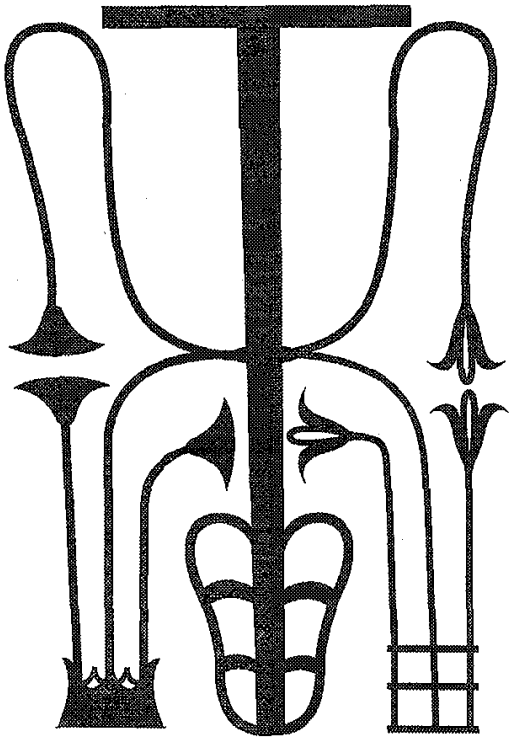

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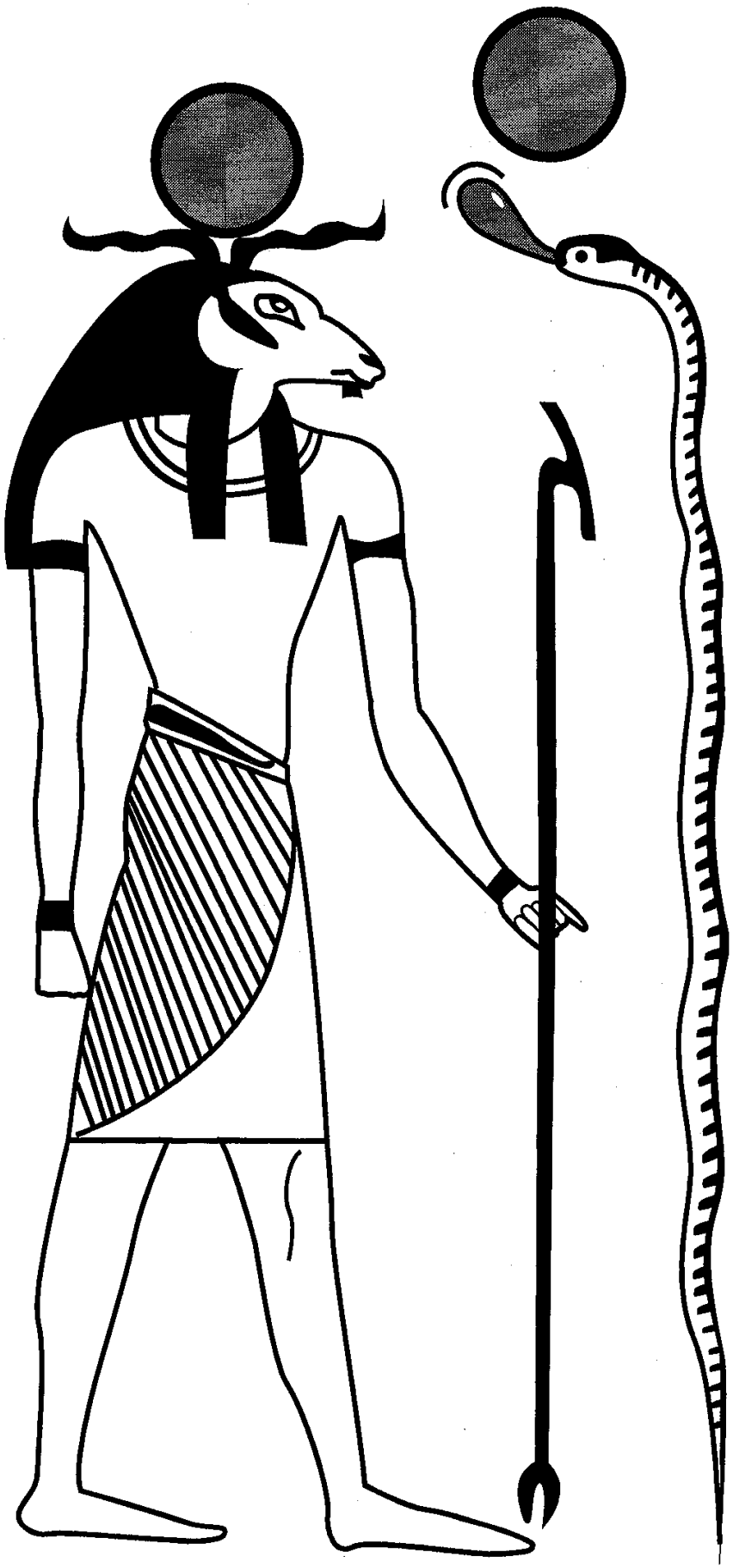

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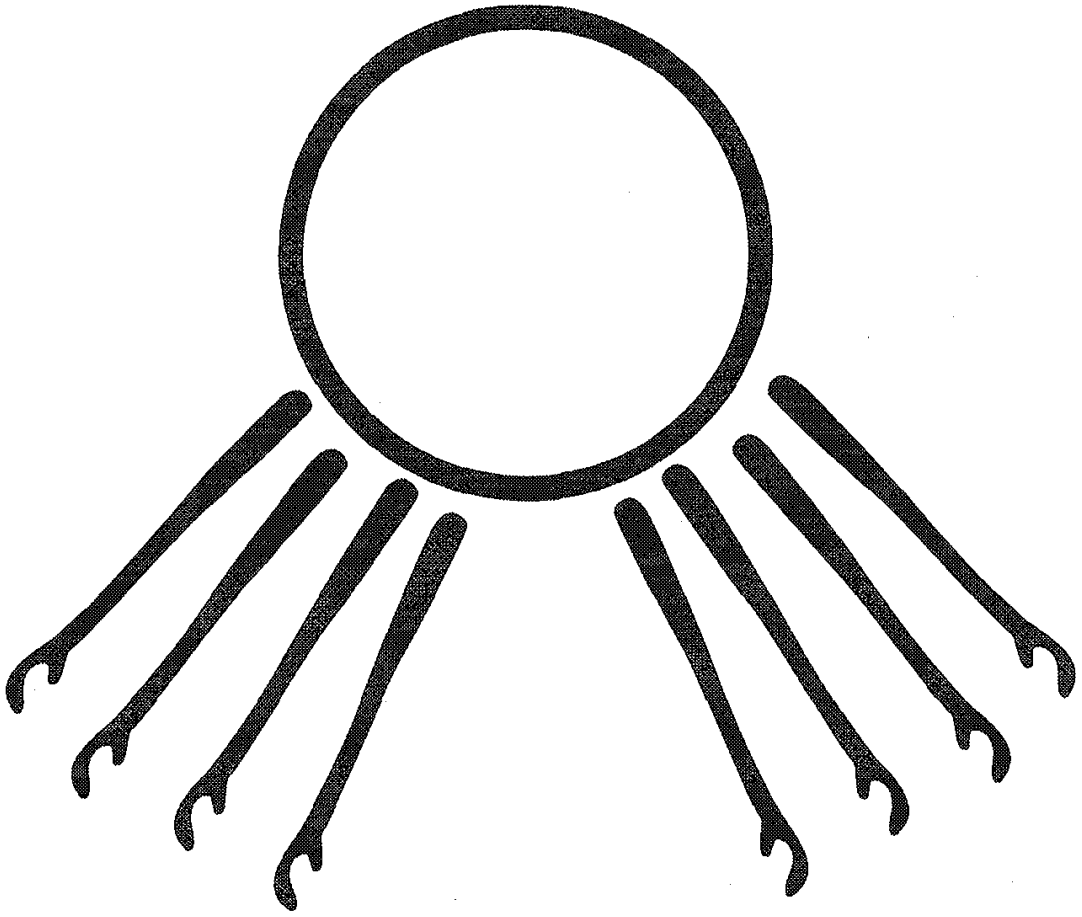


"May the Egyptian Sun radiate upon you,
illuminating your journey."

JOURNEY TO AWAKENING THE EGYPTIAN POSTURES

As a child growing up in the early 1980s, I always thought I had a perfectly normal childhood. I was born into a loving family, had a younger brother, living in the suburbs just outside of Toronto. As a child, I assumed everyone knew they had past lives and that spirits were real. My earliest memories were of a time before birth. As I grew up, I would start recalling past life memories. In the evenings, while I tried to sleep, I would be visited by a shadow that would stand in the doorway of my closet. Every night, I would make sure my closet door would be securely closed, but that did not stop the shadow from opening it and making their presence known. Some nights, the shadow would wake me from a dream and take me on vivid journeys.

Many of these journeys were not fit for my young mind. I remember walking through an ancient battlefield watching the horrors unfold around me. I would wake up crying out of the sheer weight of the experience, running directly to my parents to tell them what had happened. I was reassured that what I was experiencing was just a bad dream and that everyone has bad dreams like this every now and again.

I would continue to have these '*dreams*' up until I was eleven years old. At the time, I was enrolled in a new school and started to make new friends. Shortly after befriending a fellow classmate, I recalled a traumatic past life that I had shared with this individual, one in which we were best friends and knights working to serve and protect a king. There were rumors of a plot to kill this king and somehow our names became attached to this fictional conspiracy. Because of this, we were sentenced to death for a crime we did not commit. The king gave us a

choice: either we are both executed or we fight each other to the death with the winner being spared his life. We decided to battle, but my friend could not bring himself to kill me, so at the end of the fight, he gave me the signal to kill him.

The following day after recalling our past life memories, I ran up to my friend to tell him the news. I was so overcome with happiness to see him again in this life. I asked him if he remembered our past life together, describing who we were and the circumstances around his death. He did not remember but told me that he believed me. We eventually became best friends growing up. I believe that it was the result of our strong connection to who we were in that past life.

It was at that time I realized that maybe there was something different about me. What I was experiencing wasn't typically acknowledged or spoken about in our culture or society. The memory of my friend and me as knights was the last time I would have a past life recall in childhood. Maybe it was because I hit puberty or somehow things just changed. However, why these visions had stopped didn't really matter to me. I don't remember giving it any real thought; I was too busy trying to fit in being a normal kid.

It wasn't until I was 22 that the world of past lives and spirits opened up to me again. This awakening began with a physical condition known as sleep paralysis. If you are not familiar with this, imagine waking up in the middle of the night with your body frozen in paralysis. Your mind is fully awake and aware but you cannot move or even scream for help. You start to panic while your mind desperately tries to wake your body up. You feel as if you have become a trapped prisoner inside your own unresponsive body.

These events are terrifying but surprisingly not rare. It is estimated that 7.6% of the entire population has had at least one

experience of sleep paralysis. Science attempts to explain these events as byproducts of the brain's ability to keep our bodies sleeping while we are dreaming. This action protects us so we do not get up to physically act out our dreams. These events are more prone to happen when a person is sleep deprived or under stress or it can occur as a side effect of medication or other health issues.

In my case, sleep paralysis became a regular part of my life. I felt stuck somewhere between waking and dreaming. As I started to become more aware of this state, I began to experience what felt like two separate bodies at the same time. My unresponsive physical body became my tomb, like a living Egyptian sarcophagus and my '*other*' body was trapped inside. I found that it was possible to move this '*other*' body around inside my physical body. I would desperately try to move screaming with my mind to try and wake myself up.

To make the situation worse, I started to become aware that I was not alone during these events. I could feel a presence entering my room, walking around, even sitting on the end of my bed. Sometimes it felt as if this presence would climb on top of me, putting immense pressure on my chest, suffocating me. It was like being in a nightmare from which I could not wake.

One night, as I felt the presence enter the room, my body once again fell into paralysis. But this time I had enough. This had been going on for months and I needed it to end. I vigorously started to shake my '*other*' body while screaming with my mind to wake up. This time, something new happened for which I was completely unprepared. I shook so hard that I popped right out of my physical body! I floated above my bed in the exact manner people have described in near-death experiences. Floating at the top of the room, I looked down at my motionless body and realized I was not alone. Standing at the

foot of my bed was a very tall Shadow Being. I could not make out any features, but it looked very similar to the Grim Reaper.

This experience scared me so much that I was instantly sucked back into my body. I jumped out of bed with my heart pounding out of my chest. Did I just die? It was so frightening, so real, that I immediately knew this was not a dream or a hallucination. But from that moment on, all my sleep paralysis episodes ended. And yet, leaving my body did something else to me. It was as if I had opened the door to this other world and now had access to it.

I found myself wanting to recreate the circumstances in which I had left my body so I could experience this state again. Being out of my body felt more real than the experience of this physical world. My curiosity about these states began to overwhelm me. When the settings were just right, I was able to put my body to sleep while keeping my mind aware. In this state, there is a space between waking and dreaming, and it is in this place your other body can awaken, shaking itself free of the physical body.

With practice, I soon started to get the hang of popping out of my body, but I was still nervous about venturing too far or being attacked by whatever else lurked in this other world. I believed that if I floated too far away I could get lost and never wake up again. It was during this time of practicing how to leave my body that I started to get visitations from other Beings. These early experiences, which I will share in other works, completely changed my entire life, putting me on the path I am sharing in this book.

During one visitation, a Being came to me while I was in my out-of-body state. It said to me:

"Before you become who you are supposed to become, you must heal yourself."

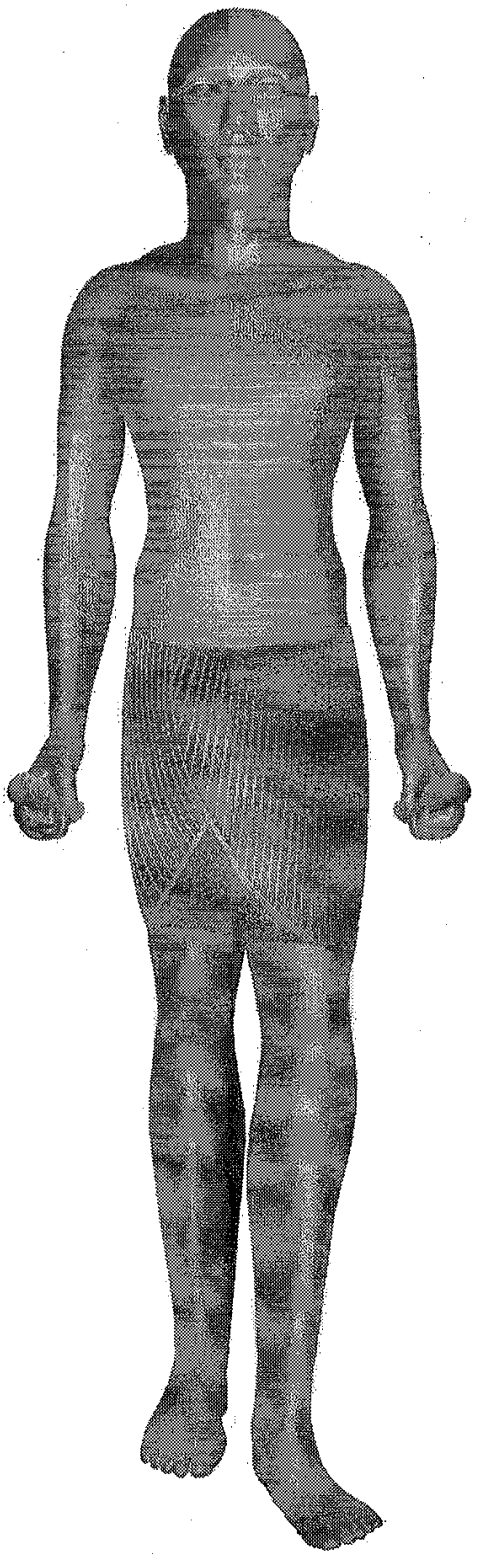
At first, I took this to mean that there was something physically wrong with me and that I should seek immediate medical attention. During that time, I did feel that I was unwell. I was grossly underweight, I obviously had sleeping problems; I also had chronic stomach issues on top of learning difficulties.

After receiving the message that I needed to heal, I booked an appointment with my general practitioner. I asked for a full check-up: blood, urine, stool, and full body x-rays. When I was called back to review the results, I was anxiously anticipating bad news. But what the doctor said still sticks in my mind today. Everything was within normal ranges. He declared I was healthy for my age and that my stomach and weight issues were likely stress-related

I thought to myself: how could this be? I'm not stressed! And yet, here I am physically suffering every day! Something was not right. I needed more information, but there was no one I could turn to who could help me. So I made it my mission to try to understand what the message about healing myself was all about. It was through a series of future experiences where I found the clues on where to go next.

The messages I started to receive were solely directed at my health. I was informed that my energy field and life force were faltering. Such a weakened energy condition made me vulnerable to many things that could pull me, influence me, or make me ill. For the sake of my personal growth, it was imperative that I integrate an energy cultivation technique into my daily routine to strengthen my energy body. It was this realization that started me down the path of Qi Gong. *(Qi Gong is an ancient Chinese martial art practiced for the purpose of energy cultivation, peace, balance, health, and vitality).*

This ancient art had a significant impact on my energetic anatomy. I would practice religiously three times a day without



Egyptian statue
holding cylinders

missing a single day. It took a full year of practice before I could finally feel my body awaken to sensations of energy in and around me. I could sense the meridian points on my body and where the energy channels were blocked; physically discern energy moving, building, and releasing. Energy was no longer a metaphysical or out of reach concept; it became a palpable sensation and experience.

I continued to pursue traditional Qi Gong until 2007 when my practice eventually evolved into what it is today. While walking the aisles at the annual heath show in Toronto, I came upon a booth that instantly drew my attention. This booth had a large poster of an Egyptian statue with its hands circled overhead. It asked: "*What is he holding?*". Up until then, I had never considered that the statues were holding anything, and I was drawn to this image. The gentleman at the booth handed me two different stone cylinders to hold and the moment he put these tools in my hands, my stomach bloomed with an instant surge of heat.

This feeling was well-known to me; I experienced this heat after generating energy by practicing Qi Gong. Without hesitation, I purchased these stone cylinders. At first, I would begin with simply holding them at my sides until I could feel the energy building in my body. Then I would engage in my traditional Qi Gong practice. I discovered that holding the cylinders augmented my general sensitivity to energy. It was as if these rods opened up my meridian channels to allow more flow and cultivation of energy.

As I started holding these rods prior to practicing Qi Gong, I noticed that I would feel sensations of pain at different parts of my body. In Qi Gong, I was taught that while moving energy, old wounds, blocks, or sick energy can bubble up to the surface causing pain. If this happens, I was taught to just breathe through the practice until the pain leaves the body. With that in mind, I started to move my arms around until I could feel the energy hit the location of the pain. As I changed my arm positions, the energy then moved to different parts of my body. Whenever it connected with the pain, it would instantly get worse. I then held that posture, standing still like a stone statue. By doing so, it felt as if a painful, invisible object would be slowly pushed outside my body before falling to the floor. I was amazed that once this invisible object left my body, the pain instantly disappeared.

Incorporating the rods into my Qi Gong practice was like discovering a brand new modality of moving energy. This is where my practice took on a new life. One night, while practicing with the Rods, I was transported to an Egyptian temple where I relived a past life from ancient times. I found myself in a large open room made of stone walls. Before me stood a man dressed in traditional Egyptian clothing. I stood facing this man who was standing in a unique posture. His left foot

was forward, his arms held in a specific position. I knew that I had to stand facing him, mirroring the postures he was making.

As I entered these postures, a portal opened up above my head, pouring incredibly warm energy through my body. The energy was astonishingly alive, like billions of photons of heat pouring through me like a solar waterfall. Every cell in my body vibrated with intensity. This was the most powerful feeling I ever experienced up to that point in my life. As I opened my eyes, laying in bed, my body was still physically holding the posture. The energy was still flowing through me even as I was now fully awake. The moment I let go of the posture, the energy instantly dimmed.

I was not the same after this experience. So many things came back to me. I remembered how important sacred body postures were in connecting, channeling, and cultivating life force energy. It dawned on me that all the Egyptian statues standing in odd postures were not just a form of artistic expression; these Egyptian statues were showing us postures of spiritual power and knowledge. A fire lit within me; I needed to document what I had learned.

I began fanatically researching every source on Ancient Egypt that I could find, looking for more images of statues carved into these seemingly strange poses. I wanted to document as many of these poses as possible.

When I accumulated a fair number, I took what I had discovered over to my cousin Saundra, a Qi Gong teacher and channeler. She helped me fill in the blanks, answering many of my questions about this system. It was from these meetings that the Egyptian postures of power were born.

I do not know where I would be today if I wasn't guided down this spiritual path. The issues that I carried for most of my life seemed to magically dissipate with my dedicated prac-

tice. I felt like I was transforming into a new and better version of myself, releasing my fears and gaining a renewed sense of self-confidence.

We are currently living in a time of history with great uncertainty, unrest, and imbalance. We have almost completely separated ourselves from the natural cycles and our spiritual source. Our health, quality of life, and our environment are suffering from the paths we have collectively taken. It is my hope that this work helps reconnect us to our spiritual source, illuminating the fire within us, so we may reclaim our peace, balance, and wellbeing.

"May the Egyptian Sun radiate upon you,
illuminating your journey."

- Jason Quitt

WHAT IS QI GONG?

Qi Gong comes from the traditional Chinese language:

Qi = Energy (*life force*) **Gong** = Cultivation

Qi Gong is the practice of consciously cultivating energy (*life force*) through the direct action of breathwork, mindfulness, meditation, martial arts, exercise, spiritual or healing modalities.

The use of energy cultivation methods can be found in many cultures around the world. Most notably in China, where today, an estimated one hundred million people practice a traditional form of Qi Gong. The Chinese historical roots of Qi Gong can be traced back through their culture for at least 4000 years, if not earlier.

The philosophy of energy cultivation is not limited to China. In ancient Egypt, life force energy was known as '*Ka*'. In ancient Vedic texts, it is known as '*Prana*'. Traditional Japanese Shinto call the spiritual forces of nature '*Kami*' and energy '*Ki*'. The Lakota first nation called the great spirit '*Waka Tanka*'.

Ancient practitioners created systems of breathwork, meditations, postures, movements, mantras, and mudras, to assist them in circulating and cultivating life force energy. These methods were passed down through the generations, evolving

into complex cultural traditions, religions, metaphysics, and spiritual ideologies.

Simply put, life force energy can be defined as the underlying force of creation. It is the vital energy field that permeates the universe, manifesting all life, all elements, all forces, form, and formless.

In the ancient Egyptian teachings, '*Ka*' can be accessed at any time, in any state of being or environment. We are connected to this energy at all times. Ka is eternal, dimensional, and infinitely abundant to all life. To cultivate Ka, one must connect, circulate and store this vital essence into our bodies.

The nature of energy is movement. All energy needs to move in order to be active and healthy. Energy needs constant exchange and transformation. Just like the breath, we must breathe in fresh air (*oxygen*) and breathe out toxins (*carbon dioxide*). If we hold our breath for too long, our bodies will shut down. The philosophy is the same for life force. Our energy must be in constant circulation and transformation. If we hold onto energy for too long, it starts to become stagnant, which may manifest in physical, mental, emotional, or spiritual conditions.

We can also see this reflected in nature. When a beaver creates a dam, they transform a healthy flowing river teeming with life into a stagnant pond. In a short period of time, the life in the pond will start to get sick and die. The beaver changes the nature in which water flows and collects. When the dam breaks, the water starts to flow again and life is restored. Just like the flowing rivers that bring renewal, oxygen, and life, we must also keep our energy flowing for the same purpose.

Any physical, mental, emotional, or spiritual energy that we retain and accumulate can be viewed in the same regard as the beaver building a dam. In Shamanic teachings, the energy of

trauma or memory that is not properly processed can become stagnant. Practices like Qi Gong guide the circulation of our energies - as do other modalities such as reiki, acupuncture, martial arts, hands-on healing, or spiritual consultations. You will find that all energy modalities are enhanced by the practice and understanding of energy cultivation.

Qi follows specific routes of the body. Movement, breath, and posture, regulate the specific action, intention, or destination of Qi. The mind (*thought*) can focus Qi in a specific area with direction or purpose. Qi follows the circulatory system of the body and is regulated by the breath. Qi flows through the circulatory system gathering in vital organs and glands. In Vedic spiritual cosmology Qi (*Prana*) travels by way of meridians and channels through the body. The main energy centers of the body are known as chakras.

How The Postures Work

This work is based on the holistic perspective that we are all part of the whole and that all life is interconnected in perfect symbiosis with the larger universe. In this cosmogenesis, mankind exists as part of the dynamic energy system that is in constant connection with the natural forces, laws, and cycles.

In this dynamic system, we are constantly communicating, transforming, receiving, transmitting energy from our inner world (*physical, mental, emotional, spiritual bodies*) to the outer world (*the universe*) and vice versa. Everything that we are, everything that we hold, either positive or negative, is transmitted out into the universe. Like a great mirror, the energies of the universe are transmitted back.

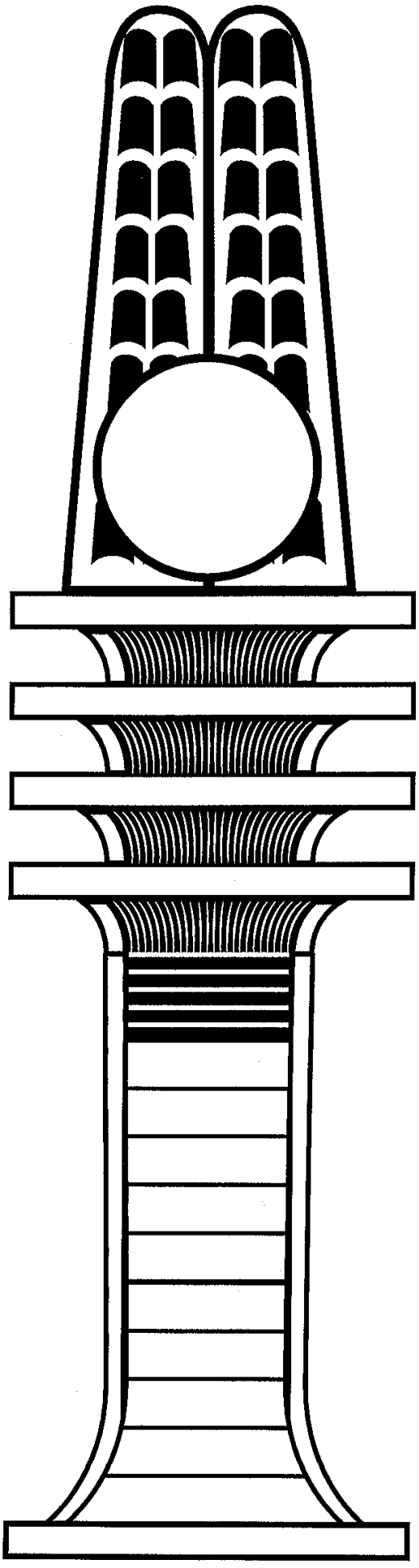
To walk in our most optimal state is to be aligned in perfect balance, harmony, and order with the natural world. Being in

this alignment synchronizes our internal clocks, maintaining our vitality in health, mind, body, and spirit. When we are not aligned, we start to lose our natural rhythms, becoming weakened. When we start to lose our connection, we turn to other lesser sources of energy to fulfill our needs. These lesser forms of energy may manifest as attachments, addictions, and obsessions, which are counter to our overall well-being.

Our physical bodies are naturally adapted to our environment and follow the same sacred geometry ratios reflected in nature. When our bodies enter into a posture or mudra (*hand gesture*) in meditation, the change in our body's geometry changes the destination or path of its energy. When we change our posture, we are harmonically attuning ourselves to specific energy systems for a specific purpose.

For those that are old enough to remember, consider when televisions had antennas sitting on the top of the unit. To watch a specific channel, you had to adjust the antenna until it was in the most optimal position to receive a clear signal. The postures follow the same concept: by arranging the body into a specific posture, you move into the correct energy field, channeling a clear signal through the body.

Think of each posture as a unique vibration that creates an energetic field around the body. When done in a specific order, you are intentionally building a unique energetic structure around your body to perform a specific function. By practicing energy cultivation methods using postures, we can consciously attune ourselves back to the natural sources of energy.



Mysticism

THE EGYPTIAN MYSTERIES

The Wisdom Keepers

Knowledge is our greatest survival tool that we must seek and protect at all costs. To lose our knowledge is to lose parts of ourselves. Without knowledge, we blindly walk the earth in darkness, continuing our paths of suffering. Knowledge is the light of our human potential and power. If we do not have strong roots, principles, morals, and knowledge, we are easily pulled from this earth.

Those that conquer know this rule well. To steal power away from a group of people, they know they must sever the connection to their roots, history, culture, language, and religion. They do this by finding the elders, the wisdom keepers, the true libraries of knowledge and eradicating them from the world so they may indoctrinate their progeny with a new history, religion and identity, thus severing the connection to their true lineage.

History is written by the victors of wars–those who conquered foreign lands and peoples. Empires such as Rome were known for this type of behavior in the ancient world. The survivors of these conquests were given the choice to let go of their old ways, convert and integrate into Roman culture, or face certain death. In those dire circumstances, the majority would choose to convert to survive.

Over thousands of years of conquest, untold knowledge, cultures, and history were consigned to oblivion simply because it threatened the powers of those that controlled the people. These warring cultures grew in strength and influence, ruling

populations through force, religion, oppression, and fear.

Throughout our history, there have always been inquisitions of those that do not follow the prescribed ideals and beliefs of the time. Carrying certain knowledge meant persecution, torture, and death to those who held it in their possession. Any knowledge that could undermine a belief or control structure was deemed the ultimate enemy of those powers.

To combat the oppression and eradication of knowledge, individuals and groups found ways of hiding knowledge in plain sight. They did so by initiating others to learn the secret teachings, principles, and symbology hidden within mythologies, religious doctrines, and even games. The history of Tarot cards is one such example. Around 330 BCE, when Alexander the Great invaded Israel, the study of the Torah was outlawed. To adapt, the Jewish people created the Tarot deck, disguising the Torah as a card game so they could continue their study in secret. During the Inquisition, the Tarot deck came back into popularity out of the necessity to hide their religious study from persecution.

Many ancient cultures hid their sacred knowledge in these ways, preserving them for future generations to discover. This knowledge is what we refer to as '*the mysteries*': The secret teachings that have been passed down from our earliest ancestors, which have been categorized and demonized under the title of the '*Occult*' (*rooted from the Latin word 'Occultus', meaning hidden or secret knowledge*).

We are very fortunate today to have access to the scientific study of archeology. Over the past two hundred years, great discoveries were made that corrected the historical record and gave us direct insight into the mind of the ancient world. Discoveries such as the Nag Hammadi library, which contains the lost and destroyed books of the bible, is one example. The

discovery of the Rosetta Stone, which was the key in translating ancient Egyptian hieroglyphs, is another.

The Rosetta Stone opened up our knowledge of the lost world of the Egyptians. From this, we were able to decipher their lost language, translating the artifacts left to us by the original Egyptian culture. Today, anyone can read the translations of the Pyramid Texts, The Egyptian Book of the Dead, stories of the gods, Egyptian cosmology, religion, rituals, magic, beliefs, and daily lives of the common people.

From these discoveries, we can trace back the historical roots of the occult knowledge that has been passed down to us for over 6000 years. Those wisdom keepers, who have held the keys of sacred knowledge, claim that their original lineage came directly from Egypt and attribute this knowledge to the first teacher, Thoth, who evolved into the Greek god, Hermes Trismegistus.

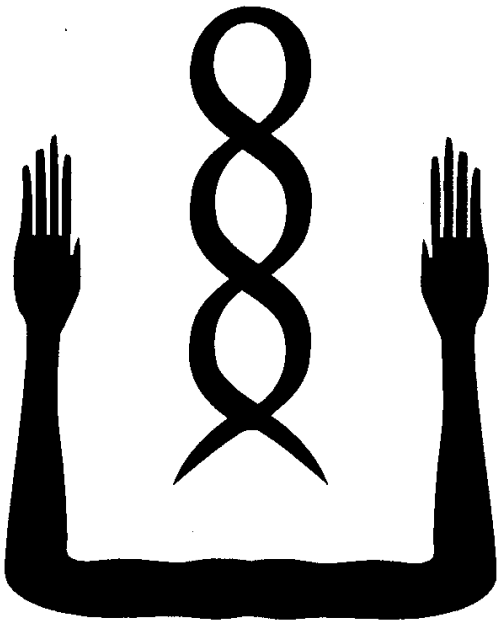
By studying the mysteries and referencing them back to the historical records of the ancient world, we start to gain a greater perspective and are better at putting the puzzle pieces back together. In order to understand the deepest mysteries of our ancestors, we must enter their mindset, awakening our spiritual sight and mind.

The search for spiritual truth is the same today as it was back then. By retracing our steps, we may discover something that has been long forgotten, giving us hope that there are still mysteries of the ancient world left to be rediscovered.

Heka - The God Of Magic & Healing

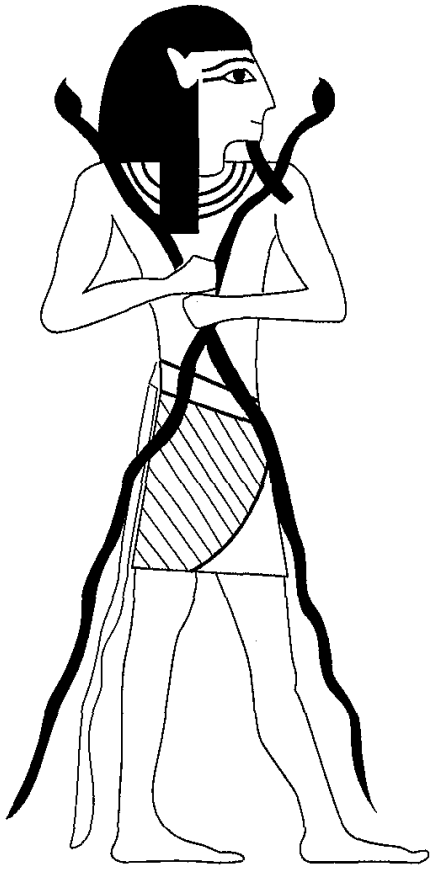
There were over 1500 known Gods and Goddesses which made up the pantheon of ancient Egyptian religion. Each god (*Neteru*) was the divine personification of universal forces that governed all facets of life and death. The most popular gods were housed in the temples as living statues where they would be worshiped and cared for. The gods were seen as active participants in the daily lives of the people, representing all aspects of the natural world and the divine forces that govern them.

For this work, we will be discussing some of these main gods and the teachings they represent in relation to the mysteries, spiritual knowledge, and energy cultivation. I will be referring to Qi as Ka from this point on, or Heka in replace of Qi Gong to get into the mindset of the ancient Egyptians.



HEKA - God of magic and healing

HE - The Use/Act/Action/Power of **KA** - Life force



Heka existed before all other gods and was present at the genesis of creation. Heka was seen as the magical force that imbued the gods with their divine power to create and sustain life. As the divine source of all magic and healing, Heka could be accessed by both the gods and humans alike.

HeKa was the force in which all acts of magic and healing were performed. To ancient Egyptians, all life was considered Heka, an act of magic, through the manifestation and use of Ka.

The god Heka is depicted as holding two serpents, one in each hand, either outstretched to the sides or crossing the body. Serpents are the main iconography found in relation to early sun-worshipping cultures and are used to represent the Sun, Earth, life force, spirit, soul, energy, magic, kingship, fertility, and regeneration.

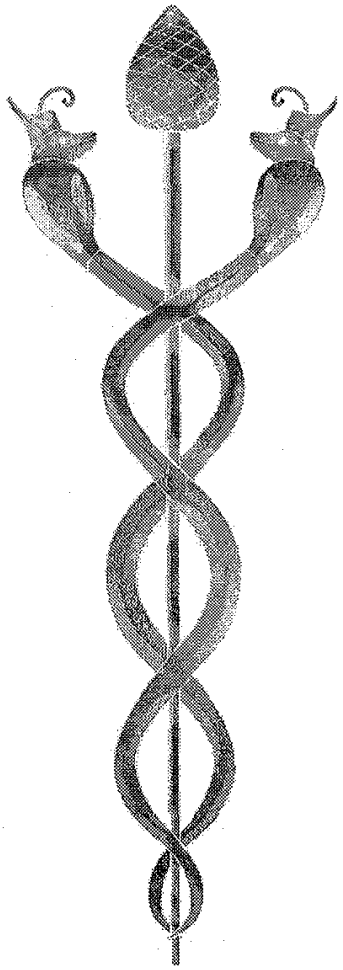
Serpents were intimately linked to the sun and ancient sun worshiping cults. Because they were cold-blooded, serpents were seen as sun worshipers, needing the warm rays of the sun to survive. The serpent was also seen as the animal that had the closest connection to the Earth as its belly is in constant contact with the ground. As the serpent sheds its skin, it renews its life, which was seen as the power of rebirth and resurrection.

Serpents have had a long history as the symbol for life force energy. In ancient Hinduism, the Sanskrit word '*Kundalini*' translates to '*Coiled Serpent*', and '*Kundali Shakti*' translates to '*Serpent Power*'. Kundalini is known as the life force energy

that is '*coiled like a snake*' at the base of the spine waiting to be refined and realized by the Yogic practitioner. Through the practice of meditation, mudras, and mantras, the coiled serpent awakens, ascending the spine in a circular motion on the path of spiritual attainment.

The iconography of the two serpents can be found in many ancient cultures and still maintains the same meaning. Heka is one of the earliest references linking serpents to medicine, magic, health, and the healing arts. Today, we still use the symbol of the Caduceus for medicine, the two serpents ascending the staff of Hermes. A symbol that can be traced back to Heka, the god of magic and healing.

The Staff of Osiris



The staff of Osiris, which dates back to at least 1224 BCE, is depicted in the classical caduceus fashion, with two snakes ascending the staff (*spine*). Located at the top of this staff, sits the pine cone, an ancient symbol for the gods of nature, fertility, regeneration, enlightenment, and immortality. The pine cone can also represent Osiris himself, being the god of vegetation and fertility.

The symbolism is carried into the Assyrian Empire, where the pine cone is recorded on palace reliefs dating to 900-600 BCE. Depicted on these walls are winged deities, holding a pine cone in one hand and a bucket of water in

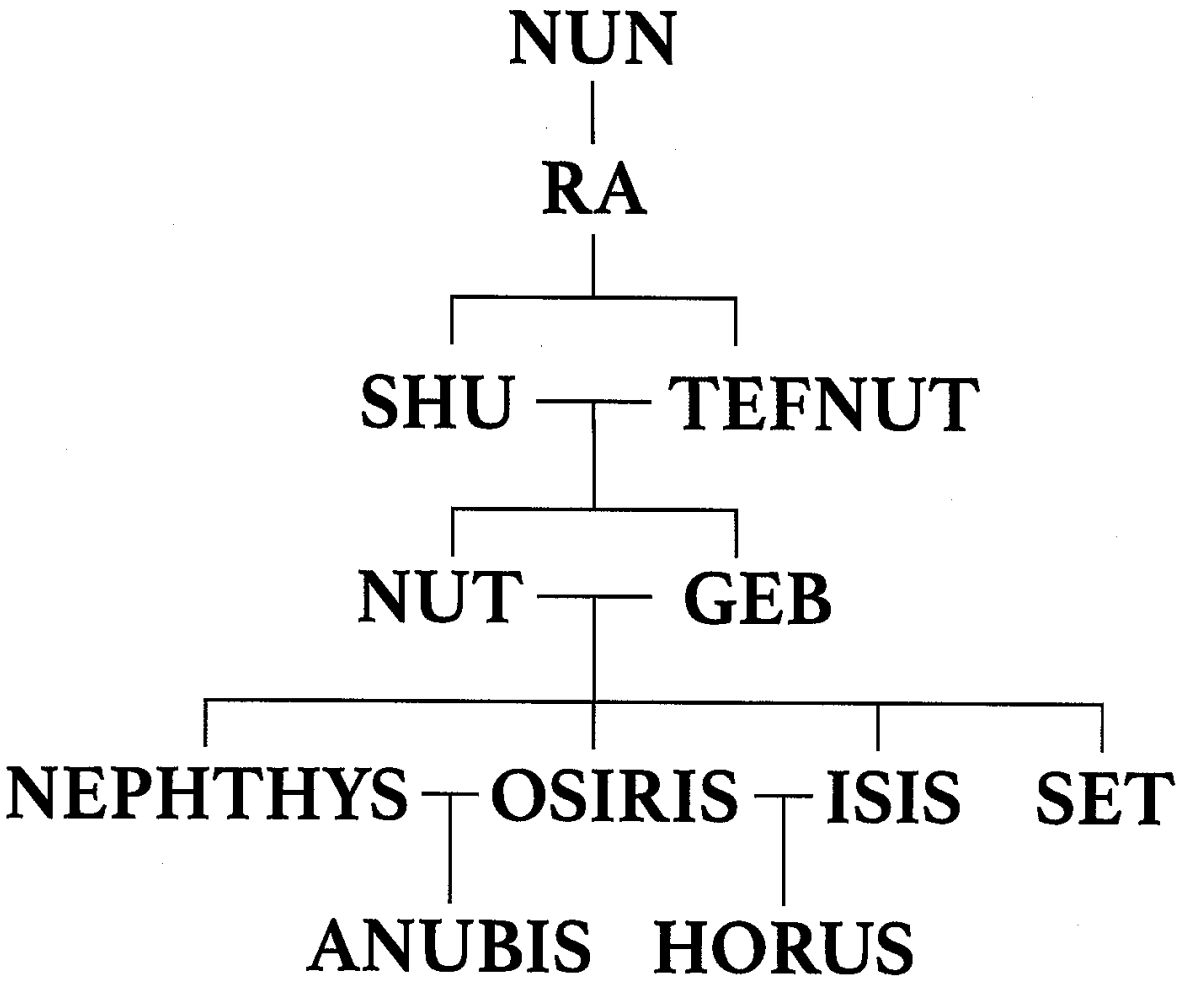
the other. These figures are blessing the tree of life with the pollinating pine cone, representing the regeneration of life. The water bucket is the symbol of life and fertility; it is from the waters that all life is born, the womb, and the cosmic ocean of Nun.

Coniferous trees were personified with the forces of immortality and resurrection, as they stayed (*ever*) green all year round. Other trees would go through the cycles of life and death, losing their leaves with the changing of the seasons, yet the coniferous trees remained vital, healthy, and alive.

At the Vatican, located in the Cortile della Pigna Courtyard, a giant bronze pine cone statue is proudly on display. This artifact originally came from the temple of Isis in Rome. The pope also carries a staff with the crucifix sitting on top of a pine cone. In this context, the staff could be symbolizing the promise from god for the resurrection of Jesus.

The pine cone was also viewed as the symbol of enlightenment, sitting on top of the staff of Osiris. It is believed to represent the human pineal gland. This tiny gland is located directly in the center of our brains and is shaped like a pine cone. '*Pine*' is also the root word that '*pineal*' is based on. Its function is to receive information on the amount of light being received. According to the amount of light or darkness, the pineal gland instructs the body to produce and regulate the right amount of chemistry.

The pineal gland is also known in ancient cultures as the spiritual third eye. Being that this gland's function is to receive light, it can be viewed as a hidden eye within the body. The third eye operates as a light receiver even if your eyes are closed. To see auras, one is taught to relax the eyes in a dimly lit room. As your body and mind relax in this setting, your third eye awakens to the subtle light or spiritual light that is not perceptible with your eyes.


NUN
RA
SHU
TEFNUT
NUT
GEB
NEPHTHYS
OSIRIS
ISIS
SET
ANUBIS
HORUS

EGYPTIAN GODS HIERARCHY

Nun

Primeval Waters - Cosmic Ocean - The Void

Nun represents the father of all the gods. He is the chaotic primeval waters and the cosmic abyss. In the Egyptian creation myth, Nun was made up of eight deities, four pairs of male and female forces. These deities were water, invisibility, infinite space, and darkness.

In the primeval waters of Nun, Ra is said to have created himself by uttering his own name. In this self act of creation, Ra rises out of the darkness of the cosmic waters as light. Ra's light (*Ray's*) first settled on the primeval mound of Earth which rose out of the waters. The primeval mound was said to have been shaped like a pyramid and became the symbol for the Benben stone.

RA

The Sun - Source of Light - Creation

Ra, the self-made god, the personification of the Sun, traveled on his solar boat across the sky every day, descending every night into the underworld to be born again every morning out of the primeval waters. Ra was depicted in many forms, the most popular being that of a man with a falcon's head. Ra symbolized creation, the cosmic cycles, life and death, day and night, good and evil, cold and warmth.

Ra ruled over all other gods. His domain was over the sky, the Earth, and the underworld. Ra is said to have created Shu (*air*)

and Tefnut (*water*) by spitting them out of his mouth.

Shu & Tefnut
Air & Water

Shu the god of the wind and air. Tefnut is the goddess of water, moisture. The combination of both Shu and Tefnut created the atmosphere. It was through Tefnut that Nut (*sky*) and Geb (*Earth*) were conceived.

Nut & Geb
Earth & Sky

Nut the goddess of the starry sky and Geb the god of the fertile, slumbering Earth. Both brother and sister, husband and wife, were held together in a loving embrace for eons - until Shu made the decision to separate them apart creating the arch of heaven (*atmosphere*).

In the famous artworks found throughout Egypt, Shu is depicted as standing on Geb, lifting Nut above with his arms outstretched. As Shu separates Nut from Geb, Nut is depicted as the arch of heaven with stars making up her body. The space created in-between Nut and Geb is the atmosphere that is capable of supporting new life.

It is through this act of Shu that Nut was able to birth the first ruler gods of Earth, Osiris, Isis, Nephthys, and Set.

When comparing the ancient Egyptian creation story to the book of Genesis, we can see many similarities.

Genesis 1-10

1 In the beginning God created the heaven and the earth.

2 And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters.

3 And God said, Let there be light: and there was light.

4 And God saw the light, that it was good: and God divided the light from the darkness.

5 And God called the light Day, and the darkness he called Night. And the evening and the morning were the first day.

6 And God said, Let there be a firmament in the midst of the waters, and let it divide the waters from the waters.

7 And God made the firmament, and divided the waters which were under the firmament from the waters which were above the firmament: and it was so.

8 And God called the firmament Heaven. And the evening and the morning were the second day.

9 And God said, Let the waters under the heaven be gathered together unto one place, and let the dry land appear: and it was so.

10 And God called the dry land Earth; and the gathering together of the waters called he Seas: and God saw that it was good.

Osiris

God of Life, Death, Resurrection, Fertility, Vegetation & Agriculture

Osiris is the god of life, death, and resurrection. He is depicted as a bearded man with green skin, holding the crook and flail, with his legs wrapped in mummification bandages. The Shepherd's crook symbolizes kingship while the flail represents the fertility of the land. As a god of fertility, vegetation and agriculture, Osiris was linked with the annual flooding of the Nile river, which blessed Egypt with fertile black soil to grow food. Osiris was celebrated at the festivals that marked the cycles of the seasons, he was particularly honored at the beginning of the Sothic year, when the star Sirius returned as the morning star to signal the start of the Nile flooding.

Osiris also sits on the throne in the underworld as the god of the afterlife and protector of the dead. In the book of the dead, Osiris is the judge of the deceased, weighing their hearts against the scales of truth. The weight and quality of the heart determines whether Osiris permits the deceased entrance into the underworld or sends them back to earth to be born again.

Isis

Goddess of Birth, Resurrection, Healing, Magic, and Protector of the Dead

Isis is both Osiris' sister, Queen and Wife. Isis was revered as the great Goddess to all Egyptians. She is credited with performing the first mummification ritual on her murdered husband. Through her divine magic, she was able to resurrect Osiris (*murdered in a fit of jealousy by their brother, Set*) long enough to

bear them their son, Horus. Being Osiris's divine counterpart, she shares many of the same divine qualities and attributes as her husband.

The Egyptians saw Isis as the divine protector of the living and the dead, who held kingship over the Earth. She is pictured with a symbol of the throne on her head and the sun disc. In some regions, she took on many qualities of other goddesses like Hathor and is also depicted holding the lotus flower, the symbol of creation, life, death, rebirth, and healing.

Nephthys

Goddess of the Temple, Protector of the Dead, Healing & Magic

The sister of Osiris, Isis and the counterpart of Set, Nephthys was the goddess of the temple and her task was to nurture and protect children from evil forces. In particular, Nephthys shielded the young pharaoh from death or injury due to the complications of childbirth. If anyone threatened or harmed the pharaoh, she would inflict her wrath upon them. Nephthys was also known as the protector of the dead, along with her son, Anubis. The Egyptians revered her as a helpful goddess, guardian, and protector to all. Nephthys assisted Isis with the magical ritual of mummification and resurrection of their deceased brother, Osiris.

Set

God of Chaos, Storms, Deserts, War & Foreigners

Set is depicted as the Set-animal: a mythological creature that looks like the combination of many wild desert beasts. He is the god of evil forces and the antagonist to both Osiris and Horus. In a fit of animalistic rage, Set kills his brother, Osiris, cuts his body into 14 pieces, and hides them across Egypt. He later fights Horus for the title of kingship over heaven and earth. In one of the battles, Set rips out Horus's eye, which is then magically restored by Hathor. Eventually, Set loses the battle and the gods bestow kingship onto Horus.

Set is also depicted as the protector of Ra. Set stands guard on the front of Ra's solar boat waiting to slay the devouring serpent of darkness, the demon Apophis. In this role, Set protects all life by defeating the giant serpent so that the sun (*Ra*) may rise again the next morning. This is why when the sun goes under the horizon at night, we call it sunset (*Ra Set*).

Horus

God of Kingship, Heaven & Earth

Horus, the son of Osiris and Isis, defeated Set to rule as the king of the heavens and earth. He is depicted as a falcon who soars in the sky watching over the earth. His body represents the sky, while his eyes are the sun and the moon. After Hathor magically restored Horus's eye, the eye of Horus became the amulet and symbol of divine protection over the forces of evil.

Over time, Horus and Osiris became seen as one god. By day, Horus would rule the heavens, and by night, Horus would transform into Osiris to rule the underworld. This placed Horus as the most powerful and devoted god in the Egyptian pantheon.

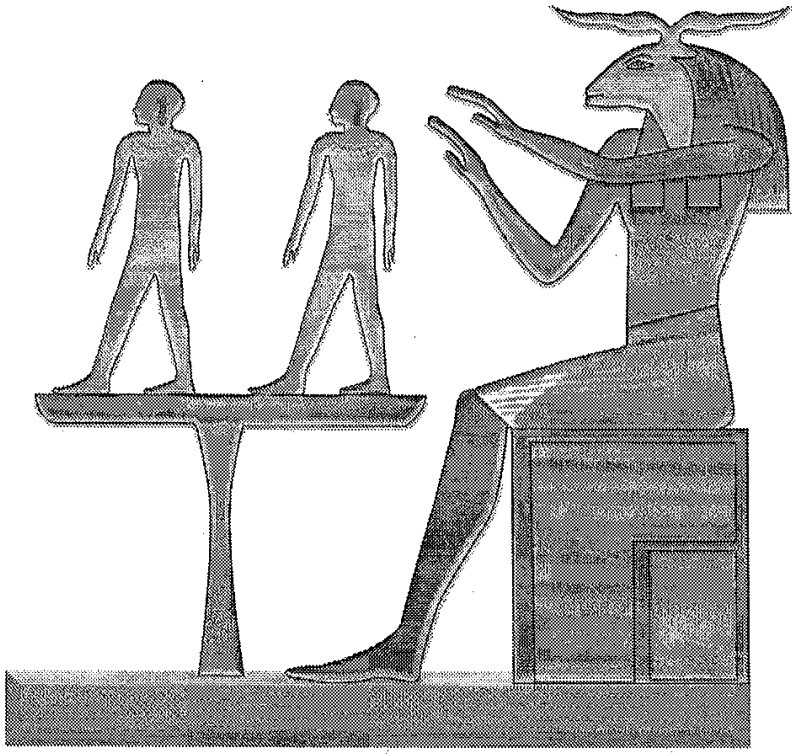
THE SEVEN SPIRITUAL BODIES

Proper preparations of the body for mummification and burial were seen as a necessary step for the deceased to gain access to the afterlife. This was a very serious endeavor that took highly skilled priests 70 days to mummify a body. To preserve the body meant immortality for the spirit, which is said to be able to walk the earth as long as the body remained recognizable to it.

The mummified body is then placed into an ornate sarcophagus covered in motifs of the gods and what awaits them in the afterlife. Many of the elite Egyptians were placed in multiple sarcophagi, one within another, like a stack of Russian dolls. There have been sarcophagi found that had up to eight layers.

Each sarcophagus was intended to honor each aspect of the multidimensional body. Each panel is covered in complex instructions, scenes, magical incantations, protections, and spells that are designed to guide the deceased successfully into the afterlife.

The Egyptians didn't see an individual as one part. They saw the person as a combination of multiple spiritual forces and bodies. Upon the death of the physical body, the other bodies would live on, representing various aspects of the individual in the afterlife.



Khat - The Body

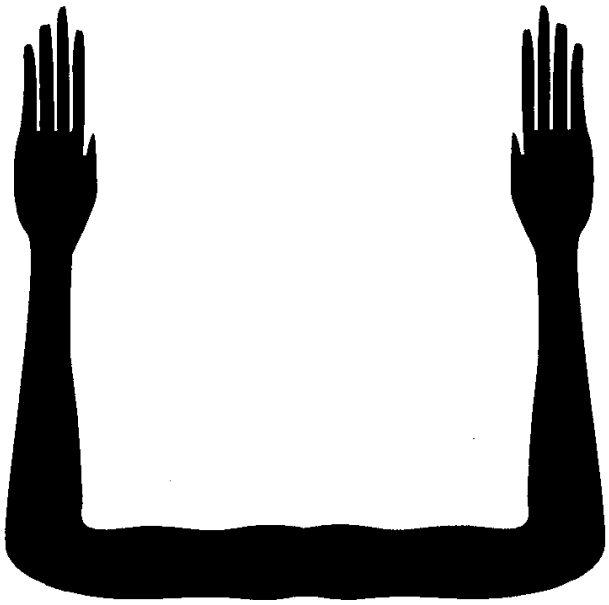
Khnum - The Ram-headed God of water and fertility. Khnum is tasked with creating the physical bodies of mankind on his potter's wheel using the fertile clay of the Nile river.

Meskhenet - The Goddess of childbirth was responsible for gifting the breath of life into the physical body upon birth. It is her breath that creates the child's Ka body, the twin.

Khnum and Meskhenet were often depicted together in the temples of Egypt creating twin bodies on the potter's wheel. One body represented the physical body and the other represented the spiritual body. When the child is born, the two bodies merge into one in the act of creating life.

Then the Lord God formed a man[a] from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.

- Genesis 2:7



The Ka - Life Force & Spirit

The Ka is the vital essence that animates all life. The Ka is maintained by the sustenance of food, water, air, sun, and energy cultivation.

Ka is the life force of all things and is used by all things. From the elements of nature, mankind and the gods, all need the fulfillment of Ka to sustain life.

Ka is infinite in abundance and can be tapped into at any moment, in any state or environment. Methods of energy cultivation, magic, and healing (*HeKa*) are based on the metaphysical knowledge of Ka.

When a person dies, their Ka body survives as an aspect of their spirit essence, which can travel around the Earth freely. Using the practices of HeKa, the priests would awaken living images of statues, artwork, tools, or ritual objects to hold the Ka of the gods, nature spirits, or the deceased. These objects would act as a resting place, recharging their energy and to interact with the living.

These magical objects which housed the Ka would also be

inscribed with the names of the gods or the name of the deceased so that their essence and identity would remain intact for eternity. The greatest act of desecration was to chisel the names and faces off of these statues, severing the connection to the Ka.

In ancient times, offerings would be made to these living Ka statues as a way to keep the Ka strong and happy. It was taught that if the Ka would be neglected, or if their living image would be desecrated, there would be severe consequences. This is where we get the stories of mummy curses and hungry ghosts. When disturbed in this way, the spirit may become vengeful, seeking revenge on the living. It was believed that a spirit, hungry for sustenance, could take on more animalistic or demonic attributes.

When the newer Judeo-Christian religions emerged out of Egypt, one of the main tenets of those doctrines was to never make idols to false gods or to give them offerings. This was seen as a radical shift from the ancient ways, now deemed unholy, evil, and superstitious. Yet the church still teaches exorcisms to the priests in order to cast out these negative parasitic spirits.

Spell For Satisfying The Ka

"Hail to you, my Ka, my lifetime!
Behold, I have come to you,
Being effective, appearing, ensouled,
Being powerful, being healthy.
I have brought natron and incense to you,
That I purify you with it,
That I purify your sweat with it.
This bad utterance that I have said,
This evil impurity that I have committed,
It shall not be set against me."

Egyptian Book of the Dead, chapter 101

The Ba - Personality & Astral body

The Ba was the immortal soul of the individual that lived on after death. It was considered the sum of all immortal forces that make up the personality of the individual. The Ba is known to travel freely and perform acts in which they enjoyed during their time in life. The Ba was known to watch over their descendants and had the ability to interact with the living when necessary.

The Ba is depicted as a bird with a human head holding the Shen. The Shen is the symbol of eternity, which denotes that after death your Ba will live on for eternity. The Ba has also been depicted traveling with your Sheut (*shadow*) when your body sleeps at night.

I believe the Ba is the ancient version of what we call the Astral Body today.

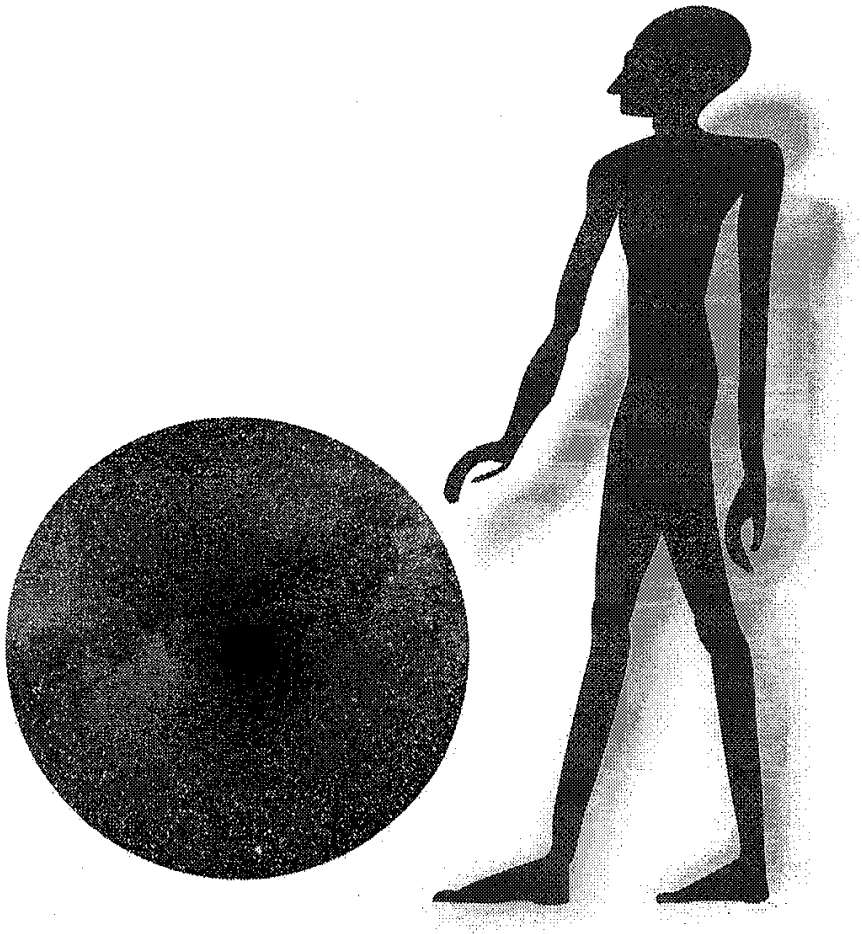
The Sheut - Shadow

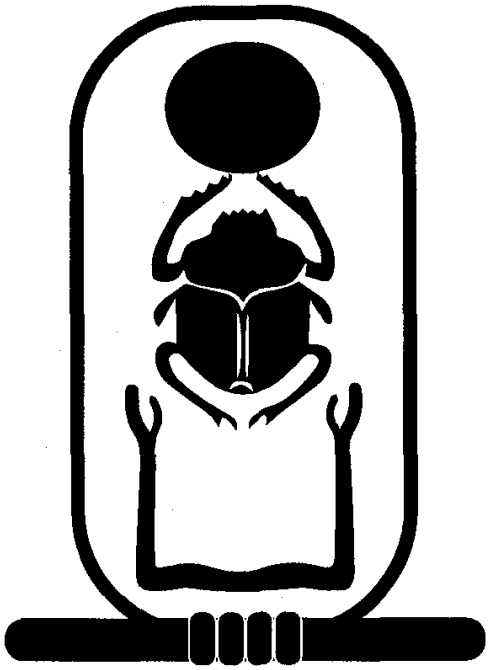
The Sheut or Shadow carries no identity or personality of the individual. It holds an aspect of knowledge, ability, or gift that manifests uniquely through an individual's life. The Shadow also acts as an initiator and guide into the unseen worlds.

The Shadow is depicted as a featureless silhouette of the human form which is seen accompanying the Ba on its journeys at night and in death.

The Shadow is not bound to any one aspect of the body and can move freely on its own accord. In Egyptian lore, the shadow is connected to the God of the dead, Anubis, and is assigned to watch over the individual by guiding and protecting them through life and death.

Is it possible that these Shadows are where we get our modern stories of the Grim Reaper and Shadow people?





The Ren - Name & Identity

Each person is given two names at birth: a hidden name, which only the gods know, and your given name to you by your parents. Both names would imbue the individual with a living power and identity. The name spoken was an act of power and magic that invoked the individual in life or in death.

The Name was highly protected and placed in the symbol of the cartouche. (*Which was an elongated version of the Shen.*) Placing the Name in the cartouche was an effort in protecting the individual's power, identity, memories, and experiences for all eternity so that no one could speak ill or curse that individual by name.

When the initiate becomes the master, or when the prince becomes the pharaoh, they are given a new name by the gods. This god-given name imbued the individual with new power, title and path as if they had become a new person. This is the reason a pharaoh was considered a living embodiment of god. The Pharaoh's Name was itself the sacred name of a god which held power on Earth and in Heaven.

The Ib - Heart & Intelligence

The heart is the essence of life that holds all our memories, mind, morals, and emotions. The Heart is our moral compass that can differentiate between the forces of good and evil. Our Heart knows our true essence and who we really are. You cannot hide anything from your heart because it knows you better than you know yourself.

The Heart holds a special place in Egyptian spiritual teachings of the afterlife. It is your heart that is weighed on the scales of judgment after death in the presence of Osiris and forty-two assessing gods. It is your heart that determines if you can sit with the gods and enter the afterlife, or return to the world of the living.

The Heart of the deceased is placed on the scale and weighed against the feather of truth and harmony, '*Maat*'. If your heart weighed less than the feather, the forty-two gods of judgment would give you the choice of either entering the afterlife or once again incarnating in the land of living as a representation of the gods. This usually meant to be born as a Pharaoh or

person of influence.

If your heart was not pure, heavy from the burdens of life, not in balance or in harmony, your heart would be tossed to Ammit, the crocodile-headed demon known as the devourer of the dead. This act was to ensure that the burdens you carried would not influence your next incarnation. The deceased would then be reincarnated back to the land of the living to learn how to live life in accordance with the laws of Maat (*truth*).

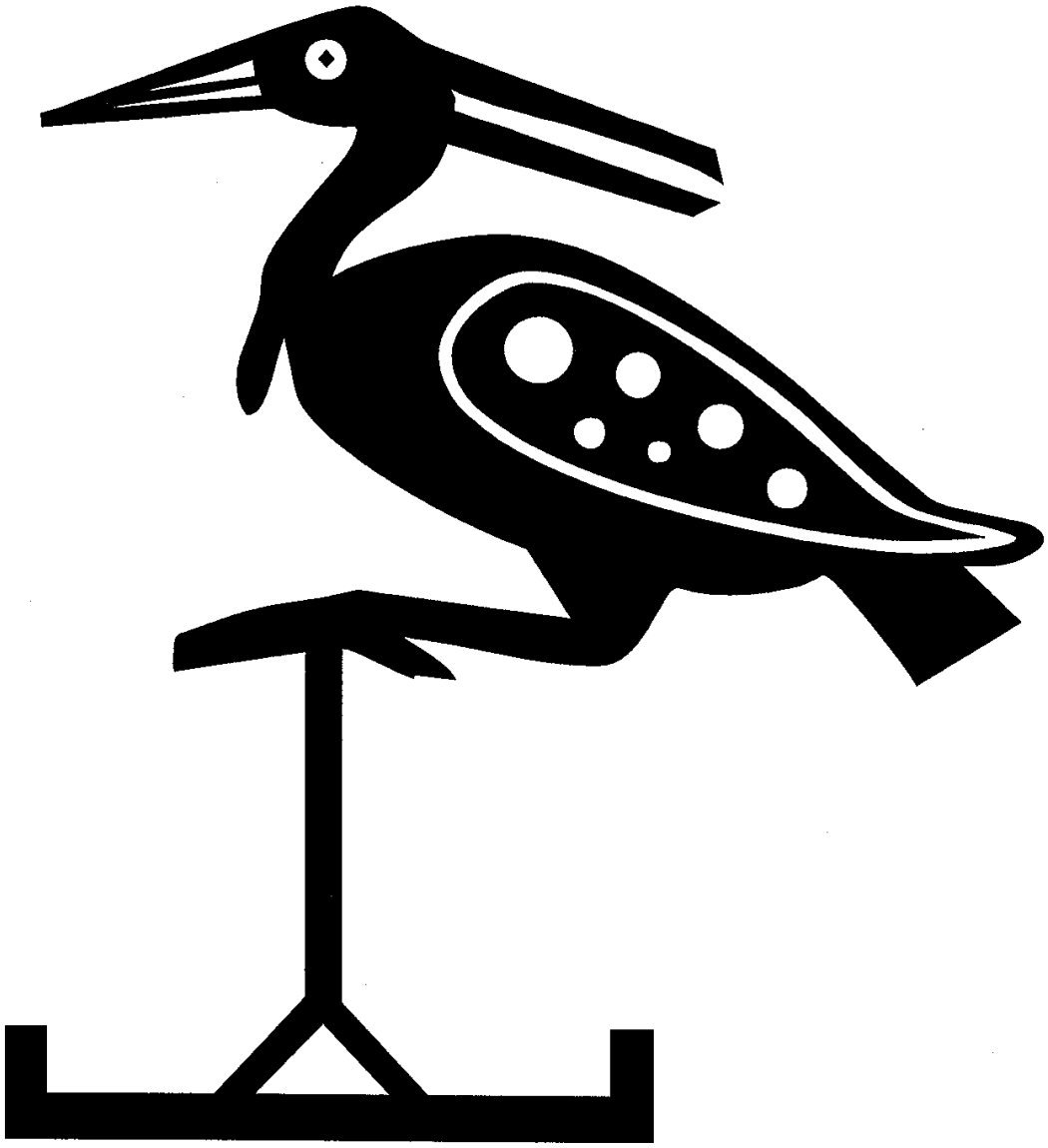
These ancient Egyptian teachings concerning judgment and afterlife can be traced to the later Christian theology of sin, judgment, heaven, and hell.

The Ahk - The Shining One

The Ahk is the luminous spirit body that can only be formed after death through the spiritual union of the Ba and Ka. This process is performed after the heart passes judgment and the gods grant the spirit access to the afterlife. In the creation of this new body, the gods grant the Ahk the eternal power of the gods, '*Sechem*'. This is the life force energy that will sustain the Ahk in its journey in the afterlife.

The Ahk is given the ability to influence the living through an aspect called the '*Sahu*'. The Sahu can interact with the physical through dreams or through the manifestations of form.

Attaining the Ahk body was seen as the greatest achievement of spiritual development. It was through this creation in which the spirit takes its immortal place as a god in the sea of Nut (*space/heaven*). The transformed spirit would become a '*Shining One*', an eternal god who is able to traverse heaven and earth at their desire.



The Ahk Bird

TOOLS OF CREATION

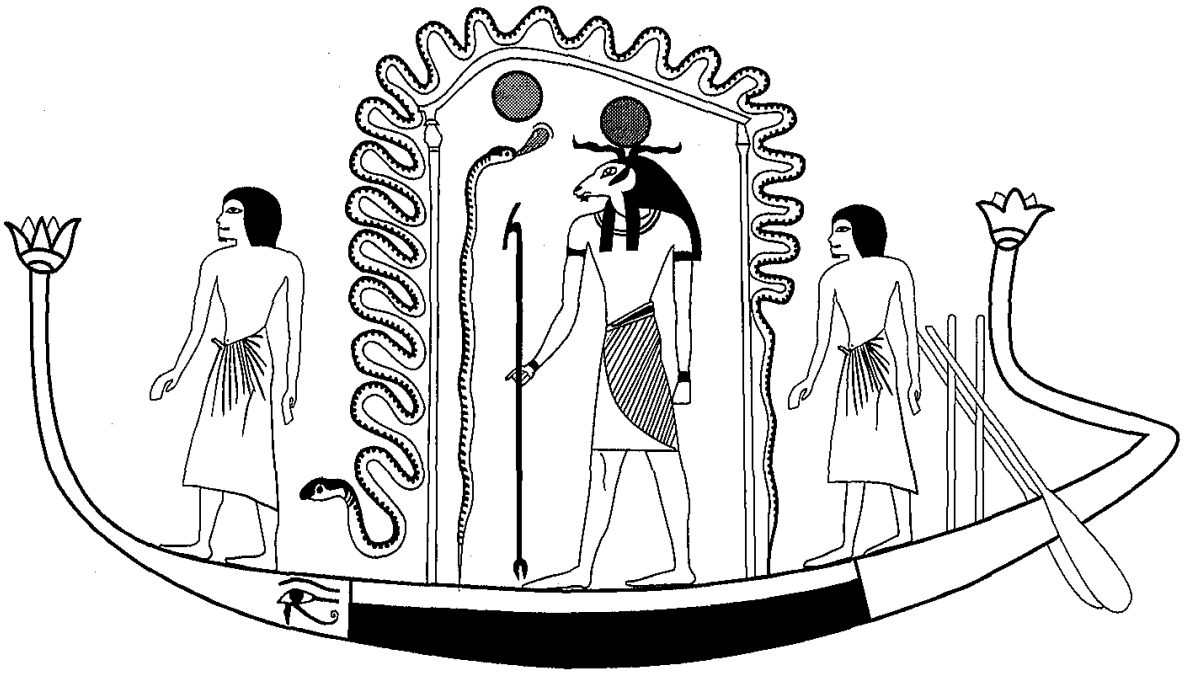
Gods & Tools of Creative Power

Hu - Utterance of Authority - Power of the spoken word
- Known as the tongue of Ptah

Sia - Sight - Intelligence - Perception of truth
- Known as the Heart Ptah

Hu and Sia are depicted as standing guard at the front and back of Ra on the Solar Boat as they travel through the sky and into the underworld. Hu and Sia both represent the aspects of the divine authority and wisdom given by Ra.

The combination of Hu and Sia activates the fire of the creative force. These attributes were personified in the god Ptah, where Hu was said to be Ptah's tongue and Sia, Ptah's heart. Ptah was a powerful creator god in the Egyptian pantheon, who brought our world into being by using the power of the spoken word. It is said that '*Hu*' was the first word spoken in the act of creation.



The original word for Egypt was Hi-Ka-Ptah, which translates to "*Temple of the soul of Ptah*". Ptah was the grand architect of Egypt, who is credited in crafting the world from his heart. To bring forth creation, Ptah used his Sia (*heart/intelligence/morals*) and Hu (*tongue/breath/utterance/word*), it was these two forces which manifested physical creation from the heavenly realms. Ptah is pictured holding the tools of creation; the Was Staff, the Djedd Pillar, and the Ankh.

It is interesting to note that the concept of creation through the '*word*' or '*utterance*' is also found in the later Judo-Christian bibles found in Genesis.

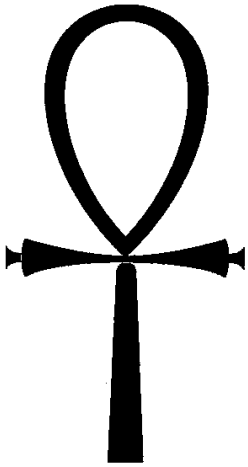
"In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made. In him was life,[a] and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it."

- John 1:1-5

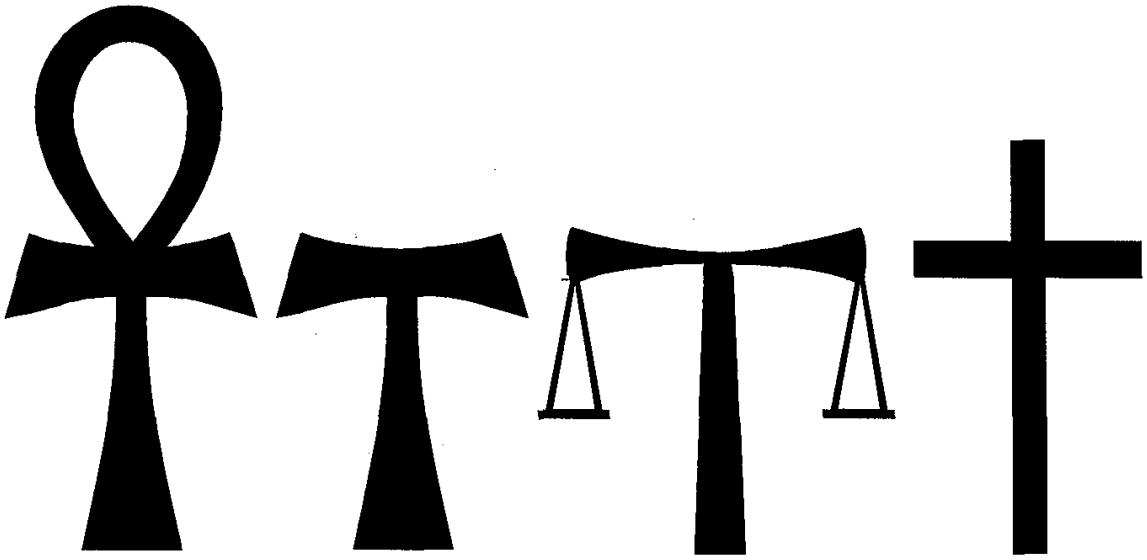
The Was - Power, Authority & Dominion

The Was staff carried by the gods and pharaohs represented divine power, authority, and dominion. The Was portrayed the head of Set at the top of the staff in his animalistic form with the bottom end being forked. To carry this staff symbolized that the individual had the authority and power to overcome the forces of chaos and darkness in which Set embodied.

The Ankh - Life force



The Ankh is the symbol of life, representing the sacred life force that nourishes creation. The Ankh is often pictured in front of the nose or over the mouth. The Ankh was linked to the rays of the sun, air, and water, which were all the elements that sustained life. The Ankh was synonymous with the breath of life and the manna of the gods. The gods were shown giving the Ankh to the pharaohs, which renewed their life.



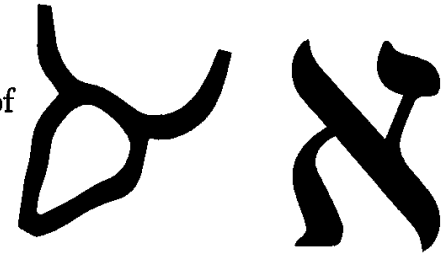
The Tau - Taurus & The Cross

The symbol of the Ankh evolved and was adopted into other cultures and religions. When you take the loop off the top of the Ankh, you create a cross. This cross was given the name Tau, connecting astrologically with the bull's horns of Taurus. Still maintaining the meaning of life, the shape also represented the scales of truth and judgment.

The bull represented the soul of Osiris incarnated on Earth. Nut, who gave birth to Osiris, was also symbolized as a cow providing nourishment to life on Earth. Pharaohs were adorned with bull symbolism, showing their divine connection to the gods, their kingship, authority, strength, and the courage of their hearts.

At death, their hearts would be weighed and judged on the scales (*Tau*). In ancient Phoenician and Hebrew, the Tau (*Taw/Tav*) is the last letter of their 22 letter alphabet. The letter Tau represents the cross and truth (*Maat*). The 22 letters of these ancient alphabets were created to house the words of god. The word Alphabet comes from the two first letters of the Hebrew alphabet, Aleph, and Bet.

Ox/Bullhead - Origin of 1st Letter of the Hebrew Alphabet, Aleph.



Aleph - 1st Letter of the Hebrew Alphabet. Meaning "Ox".

The iconography of the Aleph can be traced back to the symbol of the Ox/Bullhead with horns. In Hebrew, the Aleph represents being one with god and the breath of life. Bet is the second letter of the alphabet, which represents the house or dwelling place of god and the duality of creation.

The skull of a human being is composed of 22 bones and was considered the secret symbol of the alphabet, housing the light and words of god. Jesus was crucified at the location of Golgotha. Golgotha in Aramaic translates to '*skull*'. Could this be the hidden meaning behind the symbol of the Skull and Cross?

The Tau was adopted by the early Christians as the symbol of life, which later evolved to symbolize the physical death on the cross. There are profound connections and mysteries hidden within these ancient texts.

Tav - 22nd Letter of the Hebrew Alphabet. Meaning "Cross".

Vav - 6th Letter of the Hebrew Alphabet. Meaning "Nail".

Jesus was nailed to the cross (*Tau*), with three nails (*Vav*). Vav is the 6th letter of the Hebrew alphabet, which means '*nail*'. To finalize his death, a Roman soldier stabs Jesus in the left side of his abdomen. In mummification rituals, an incision is made on the left side of the abdomen to remove the organs for the body to be prepared for resurrection.

Tav/Cross = 22
Vav/Nail = 6

3 Nails are used to hold Jesus to the Cross.
3x6=18

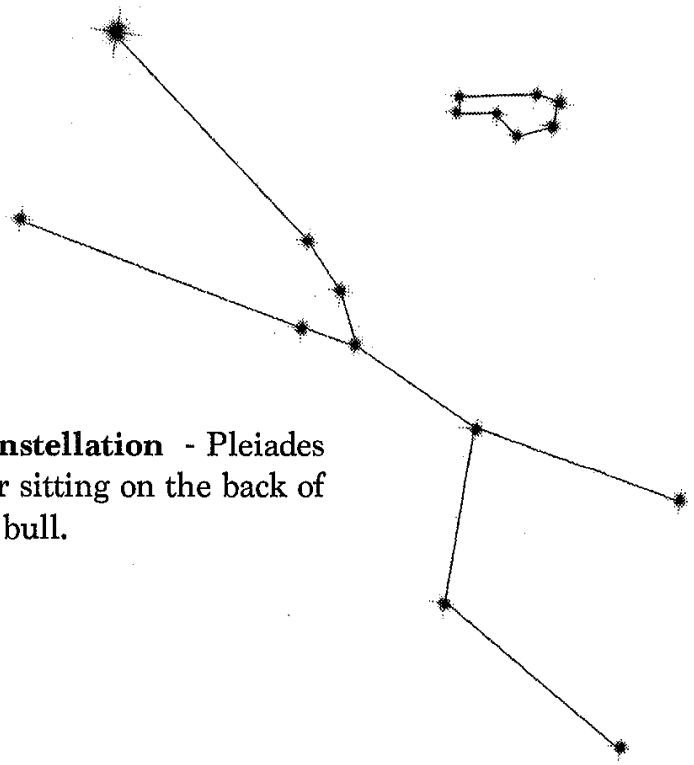
Tzaddik - 18th Letter of the Hebrew Alphabet.
Meaning "Righteous Person".

Righteous Person (18) + Cross (22) = 40

The number 40 is the most important number found in biblical traditions, which is mentioned 146 in scripture. The biblical meaning of 40 is the duration of time, season, completion, trial, or test. Moses fasted on the mountain in the presence of god, for 40 days and 40 nights. Jesus fasted in the desert for 40 days and 40 nights. It took 40 days for Jesus to ascend to heaven after he was resurrected. It takes 40 weeks from conception to birth from the womb.

The Pleiades star cluster, which sits on the back of Taurus the Bull, is also related to the number 40. Around the time of Passover and the spring equinox, the Pleiades rises and sets with the sun for 40 days and 40 nights. During this time, the Pleiades and Taurus are invisible, masked by the light of the sun. After 40 days, the Pleiades rise as the morning star around the time of the summer solstice.

The Pleiades and Taurus were used as seasonal markers for planting and harvesting. When the Pleiades stars disappeared



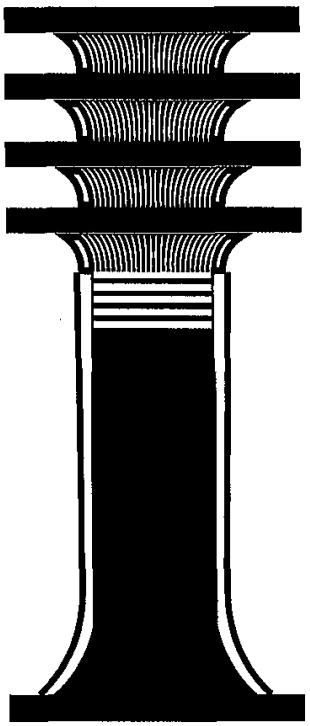
Taurus Constellation - Pleiades Star Cluster sitting on the back of Taurus the bull.

behind the sun in spring, the farmers had 40 days to plant their crops. When the Pleiades returned as the morning star, all planting stopped. When the Pleiades returned in the night sky around the autumn equinox, the farmers had 40 nights to harvest their crops before the first frost.

As you can see, ancient symbols and stories of the gods are filled with many levels of hidden principles, wisdom, and truth. Many stories remain the same in meaning but change with each iteration of culture, region, religion, or time.

The Djed - Stability, Fertility & Resurrection

The Djed pillar represents stability, fertility, resurrection and is also known as Osiris's spine. Osiris is depicted as a Djed pillar, holding the crook and the flail, which symbolize kingship and the fertility of the land. The Djed pillar comes from



the story of the resurrection of Osiris by Isis, who finds Osiris's coffin within a carved pillar. After freeing Osiris from the pillar, Isis then blesses the pillar by anointing it with Myrrh and wrapping it with linen.

To mark the yearly inundation of the Nile, Egyptians celebrated by raising a Djed pillar to honor Osiris's resurrection and the return of the star Sirius to the night sky. The star of Sirius marked the beginning of the Sothic cycle, creating the Egyptian 365-day calendar. The annual flooding of the Nile provided the stability of food to nourish and sustain life for the rest of the year.

The Djed pillar is said to have come from earlier tree cults. To create a pillar, one must cut off all the limbs of the tree so that only the tree's spine remains (*Osiris's spine*). Mirroring the story of the murder of Osiris by Set. Osiris, being the god of vegetation, was personified as a tree and ritualistically carved into the pillar. The pillars would then be anointed with Myrrh and linens, which were the ingredients for mummification and resurrection. The Djed pillar was used as the amulet of resurrection and eternal life, which was placed on the chest or the spine of the deceased.

In Egyptian cosmology, four pillars hold up the arch of the sky. The idea of a world tree holding up the firmament of the sky, connecting heaven and earth, can be found in many ancient cultures.

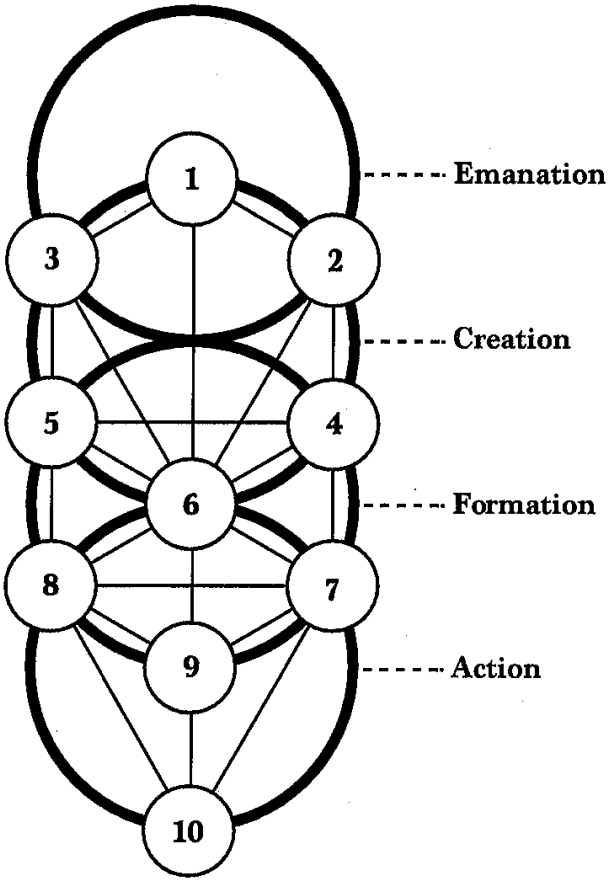
The Djed pillar, also known as the tree of life, has four distinct pillars rising out of the center column, representing the four pillars of the one creation. The pillars were decorated in lotus and papyrus motifs, which symbolized creation and

rebirth. The Djed has been illustrated with its column divided into ten divisions with four horizontal plateaus of each pillar. Could there be a link between the Djed pillar and the tree of life described in Kabbalah?

In Kabbalah, the tree of life is divided into ten divine emanations (*Seraphim*) and four worlds. The four worlds represent the spiritual levels of creation from the infinite source (*Ein Sof*) descending into material creation.

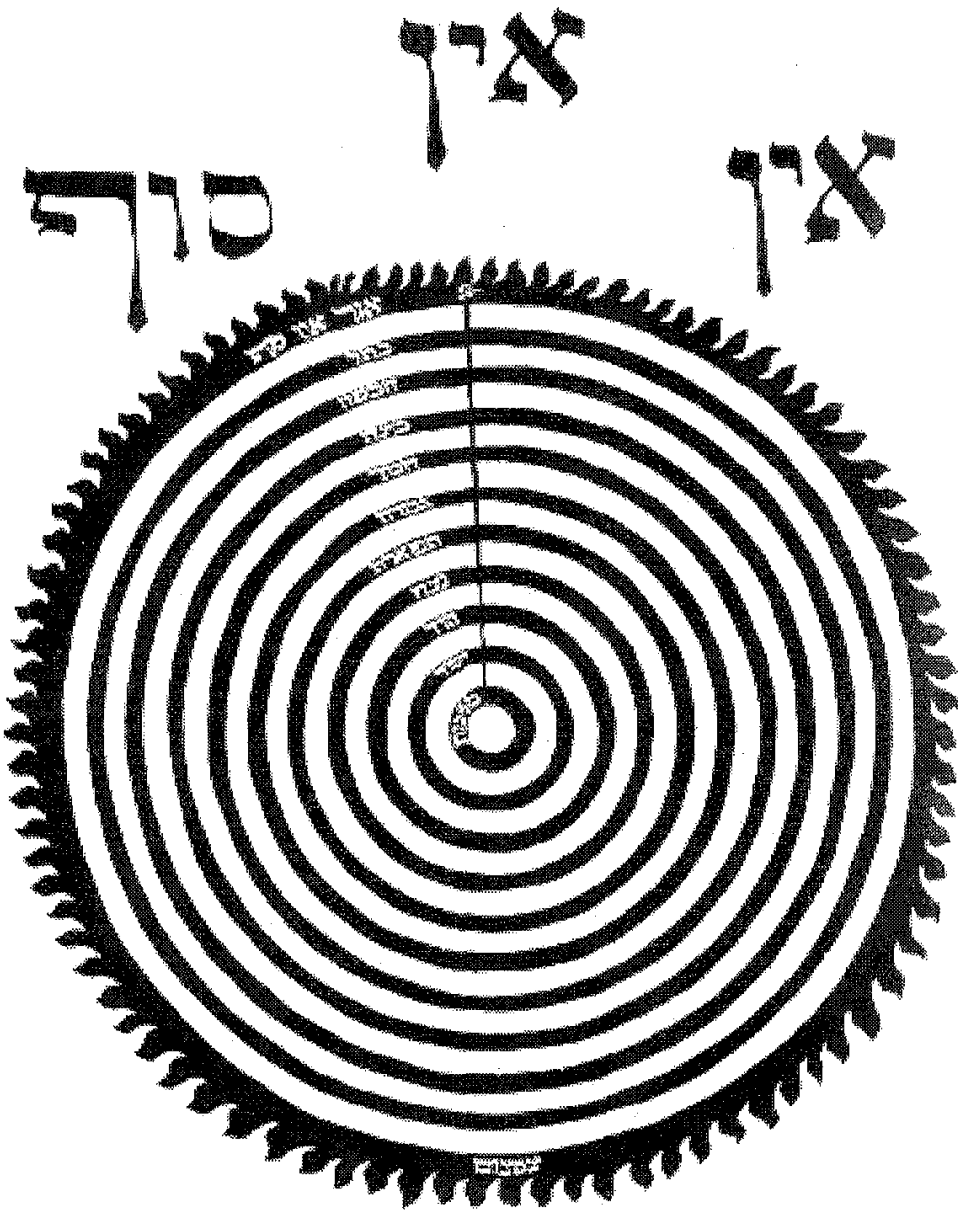
The 10 Seraphim:

1. **Keter:** Crown/I am
2. **Chokhmah:** Wisdom
3. **Binah:** Understanding
4. **Chesed:** Mercy
5. **Gevurah:** Power
6. **Tiferet:** Beauty
7. **Netzach:** Eternity
8. **Hod:** Splendor
9. **Yesod:** Foundation
10. **Malkuth:** Kingship



The Four Worlds According To The Kabbalah:

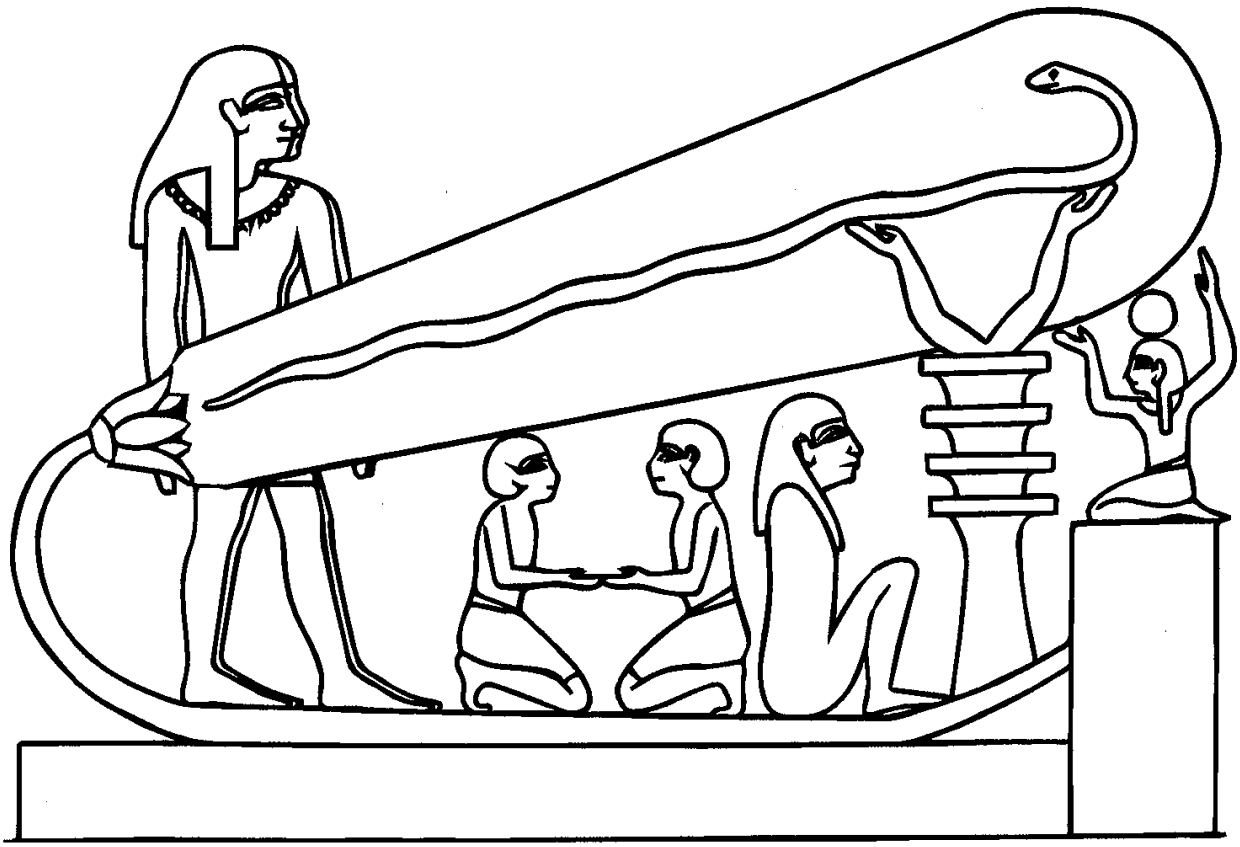
World of Emanation: The essence of creation that experiences no separation from the infinite source.
World of Creation: The essence becomes aware of its existence.
World of Formation: The essence begins to develop spiritual form.
World of Action: The essence can manifest into the physical universe.



Ein Sof Mandala

Ein Sof, the infinite source of creation, descends through the four worlds dividing itself into ten attributes known as the Seraphim.

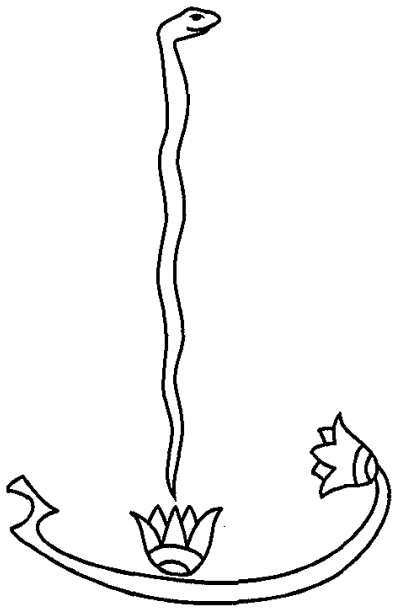
Seraphim in the bible is translated into "*burning*" and is also synonyms with serpents or "*fiery serpents*". This again is reflected in the earlier mysticism of Egypt, where the serpent represents the life force or the soul of the infinite god descending into the material world.



The Temple of Hathor in Dendera beautifully depicts these on-wall reliefs showing the serpent emerging from the lotus flower in the act of creation. The Goddess Hathor was the solar deity and Ra's female counterpart. She embodied the sun, creation, rebirth, healing, fertility and was symbolized as the lotus flower.

In this motif, the soul is birthed into the physical, through the lotus flower, symbolized as a serpent. The serpent is in the womb of Nut, being supported by the hands of Osiris, who is depicted as the Djed pillar with arms reaching up.

The fiery serpent is also depicted with Ra on the solar barge on his journey through the sky and underworld. The elongated vertical serpent was the representation of the soul of Osiris and Horus. The serpent is shown with a bubble coming out of its mouth, which symbolizes that creation came out of the mouth. Just as Ra spoke his name in the act of self-creation. Ra also



created the first gods' Shu and Tefnut, by spitting them out of his mouth. Ancient mystics would carry a staff carved into this same upright snake, denoting the powers of creation and magic.

In Hinduism, an almost identical story emerged. Lord Vishnu, lay asleep in the great void on the back of a great snake. In his slumber, a lotus flower grew out of Vishnu's navel. It was from this lotus that the god Brahma emerged to create the universe.

The Scarab & The Lotus - Symbols of Rebirth

The Scarab - Male aspect of the Sun - Horus

Every morning, as the sun dawns on the horizon of the desert, the Scarab beetle magically emerges out of the sand, greeting the sun. The Scarab was linked with the cycles of life and death, being reborn every morning and returning to the earth (*underworld*) each night. From this observation, the Scarab was symbolically connected to the rising of the sun, rebirth, death, and renewal of life.

The Scarab was personified as the Egyptian god Khepri, with a human body and a Scarab as his head. Khepri represented the rising of the morning sun, who renewed life on earth each day.

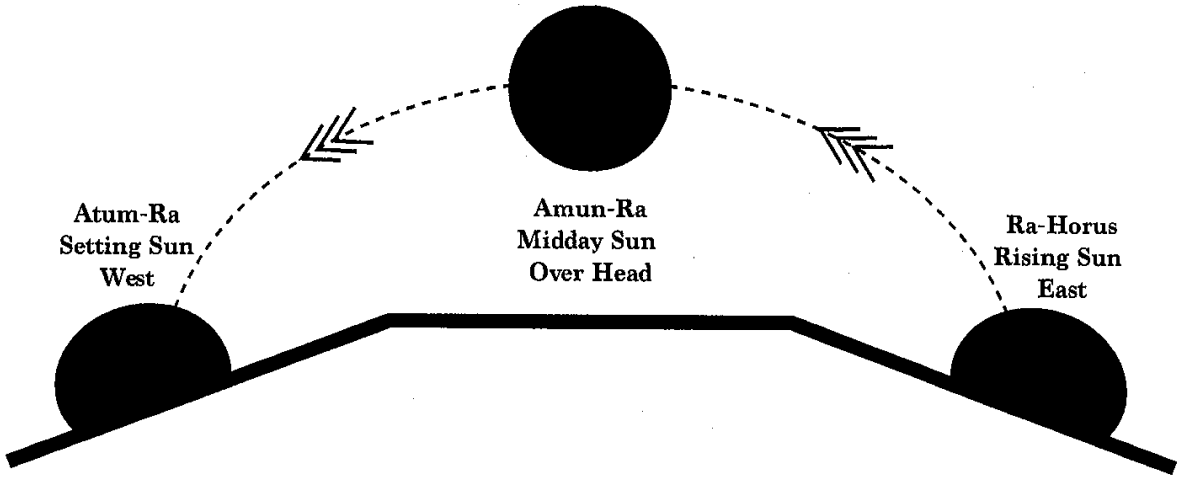
As the sun moved through the sky, the Scarab moved balls of dung across the earth. The beetle would lay its eggs in the ball of dung to renew its cycle of life. This was a reflection of the principle of so above, so below. The icon of the winged Scarab holding

the solar disc above its head became the symbol that embodied the movement of the sun across the sky, rebirth, and renewal.

Amulets of Scarabs with magical inscriptions were placed over the hearts of the deceased in mummification rituals. Placing the scarab over the heart helped ensure the safe passage of the soul into the afterlife. Inscriptions on the amulet ask the heart to speak kindly of the deceased while being judged on the scales of truth.

The Lotus - Female aspect of the Sun - Hathor

At night, the lotus flower closes its petals and descends into the dark waters, the womb of creation. As the sun rises at dawn, the lotus emerges from the waters, opening its petals to receive the life-giving energies of the sun. The Lotus was connected to the cycles of the sun, life, death, and rebirth. Being linked to the Goddess Hathor, the lotus also symbolized magic, healing, creation, and enlightenment. In the creation myths, it is said that the Gods are birthed into this world through the lotus flower.



CYCLES OF THE SOLAR GODS

The sun's daily journey across the sky reflected the stages of life by the aspects of the god Ra.

At dawn, the sun is born again into the world of the living. Personified as the god Horus, the child of the gods Isis and Osiris. Horus is pictured as a small child or in the form of a falcon.

At noon, the sun reaches its highest point in the sky. At this stage, the sun was personified as Amun, the highest god. The strongest god, full of life and vitality. Pictured as a man in his youthful prime. Amun was known as the '*Hidden One*', the sun that cast no shadows. Amun was depicted as the Ram-headed god. The Ram was the symbol of virility and fertility. Today we still end prayers by saying '*Amen*', giving honor to the highest sun, the god above us who casts no shadows.

At dusk, as the sun sets on the western horizon. The sun is personified as the god Atum, pictured as a man preparing to return to the primordial waters of Nun. As the sun sets, Atum is at his last stage of life. As he descends into the waters, he enters into the afterlife. Atum was known as the '*first man*' or '*first father*' who sat on the primordial mound after being self-created. When we '*atone*' we ask forgiveness for our misdeeds, so we can pass into the afterlife without sin. Could Atum be the progenitor of the story of Adam?

Three Persona Of Ra:

Ra-Horus - The Child - Rising - Inundation - Aket - Frankincense
Amun-Ra - The Youth - Highest - Emergence - Peret - Myrrh
Atum-Ra - The Old - Setting - Harvest - Shemu - Kyphi

Ages of The Bull, The Ram, & The Fish

On the annual spring equinox, the sun rises on the horizon within a specific house of the zodiac. This house determines what age we are currently living in. The calendar is divided into 12 ages, lasting around 2,160 years each. The full precession of the zodiac takes roughly 26,000 years to complete. The ages are marked by which house the sun rises on during the spring equinox.

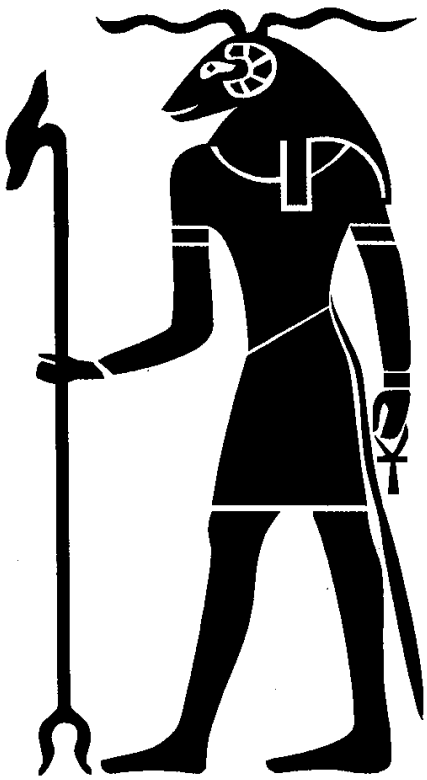
During these ages, the sun gods take on the symbology of these zodiac signs, adopting their attributes and animal forms.

4,400 BCE - 2,200 BCE - Age of Taurus - The Bull

2,200 BCE to 68 BCE - Age of Aries - The Ram

68 BCE - 2,597 AD - Age of Pisces - The Fish

During the later periods of Egyptian culture, Amun-Ra became the most popular sun god and leading figure of cult worship. In his animal form, Amun-Ra was the Ram, depicted with a human body with a Ram's head. The horns of the Ram became the symbol of Amun, the highest midday sun. The Greeks adopted this symbology, adorning their greatest sun gods with '*Horns of Amun*'. Zeus, Apollo, and even Alexander



the Great were all famously pictured with Ram horns.

The Ram's horn symbolized the sun, power, kingship, immortality, and salvation. In biblical days, Ram horns were blown in battles, to mark the new moon, to usher in the sabbath and holy days. The Jewish people still blow the Ram horns on Yom Kipper and Rosh Hashanah. Both of these holidays take place around the autumn equinox. Rosh Hashanah, to celebrate the blessings of the harvest and Yom Kipper to pray for atonement.

Atum-Ra, symbolizing the death of the setting sun on the western horizon, marked the Egyptian holiday of Shemu, the harvest. Atum is where we get '*autumn*' and '*atonement*' from. Before Atum dies, there is a period of reflection to atone for your misdeeds before entering the afterlife. Is this the origin that links the Ram horns of Atum, to the Ram horn blown on the day of atonement?

Our calendar changed to zero at the start of the Age of Pisces. Marked by the birth of Jesus, AD stands for Anno Domini, which means '*in year of the lord*', BC stands for '*Before Christ*'. Jesus marked the end of the old calendar, who died on Passover, fulfilling the biblical prophecy of becoming the sacrificial lamb of god.

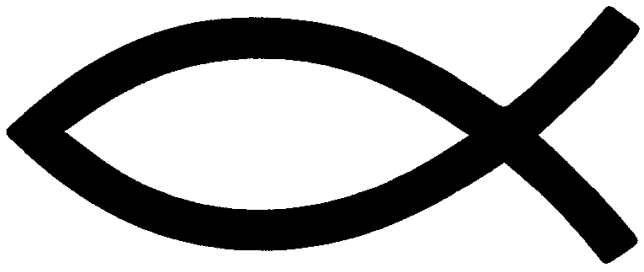
In Exodus, god instructs Moses to strike hyssop branches, soaked in sacrificial lamb's blood on the doorways of the children of Israel's homes. By doing this act, god passed over their households, saving the children of Israel from the plagues in-

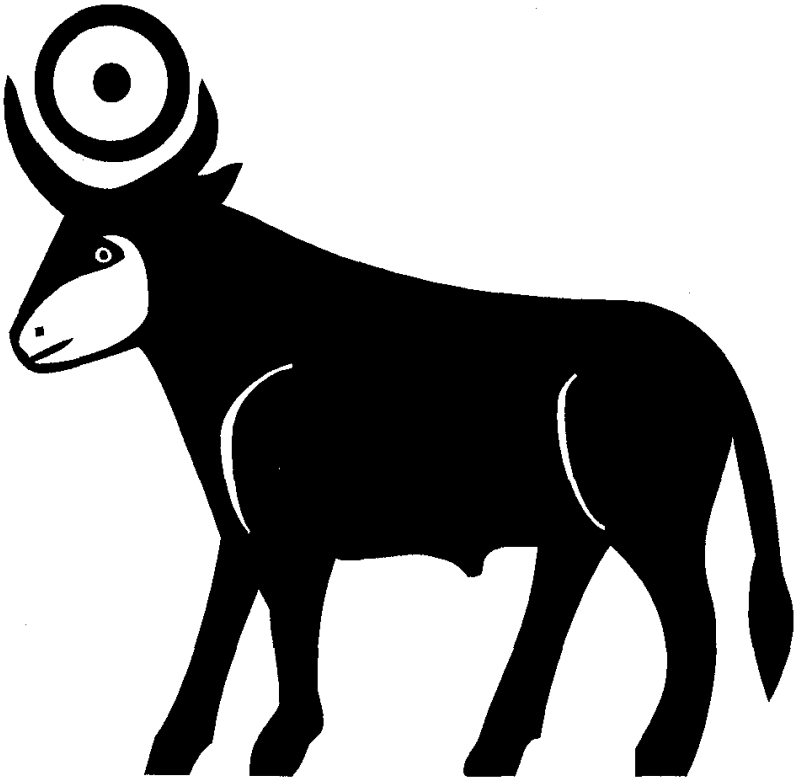
flicted upon the Egyptians. This event marked the first historical Passover.

Roughly 1,500 years later, Jesus was crucified on Passover. During his last moments on the cross, Jesus refuses the sour wine offered to him, instead, he accepts vinegar on a hyssop branch. When it touched his lips, he said "it is finished". According to John the Baptist, Jesus Fulfilled the Passover prophecy by becoming the sacrificial lamb. Just as Moses before him, who marked the children of Israel with the sacrificial blood of the lamb, saving them from the sins of the Egyptians. Jesus, as the sacrificial lamb, was the salvation again promised by god to his children.

The lamb being sacrificed is the symbolic death of the Age of Aries, which ushered in the new age of Pisces, the fish. The first Christians held secret congregations in caves, hidden far from their persecutors. The secret symbol used for Jesus and Christianity was the Ichthys "*Jesus Fish*". Linking Jesus and Christianity to the Age of Pisces.

When Moses came down the mountain after receiving the Ten Commandments, he saw that his followers built an idol of a golden calf to worship. With anger Moses throws down the stone tablets, breaking them. Moses orders that the golden calf be burnt and pulverized into dust, then cast into the water to be drunk by the Israelites. The destruction of the golden calf was also the symbolic death of the Age of Taurus. Moses, like Jesus, was the way-shower into the new Age of the Zodiac.





Taurus - The Bull - Osiris - Isis - Apis

The first timekeepers observed the movements of the stars, mapping their progression and position in the sky through the seasons. The brightest stars would mark the heavens and guide the timekeepers through the heliacal rising of the stars and constellations. Each morning, they would look to the east before dawn to see which morning star would be visible above the horizon of the sun.

The Egyptians linked the procession of the stars and constellations to the agricultural seasons, creating their calendar year. Each year started with the annual inundation of the Nile River, which transformed the earth into fertile black soil.

During this time of year, the constellation of Taurus, the heavenly bull, would become invisible behind the sun of the day, sacrificing itself to bring fertility to the land. Sirius and Taurus were both personified as the gods Osiris, Isis, and Apis

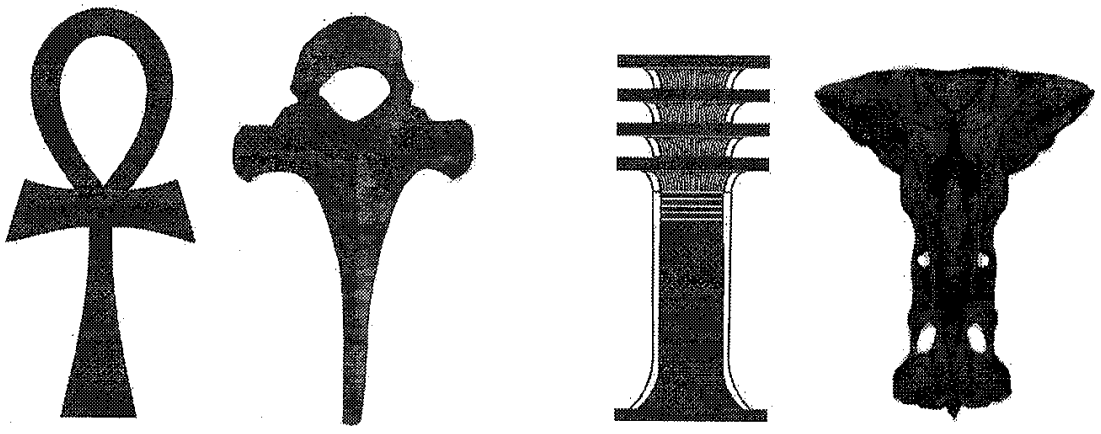
the heavenly bull. Each was celebrated as the god of fertility, agriculture, and vegetation. Osiris would be pictured with a bull's head with horns, symbolizing the regeneration of life. Isis would be pictured as the sacred cow in which the gods would feed on her milk. Apis the bull would be celebrated for his sacrifice, which blessed the lands with fertile soil.

The early Egyptians are believed to be the descendants of an earlier neolithic cattle culture. The domestication of cattle supported their way of life, providing them with the ability to till the land, grow and flourish. Oxen worked the fields, cows provided sustenance, and the bulls breed with the cows renewing life.

Likely, knowledge and customs from this ancient shamanic cattle culture evolved into the Egyptian religion we know today. For example, the spine of the Bull was deified for its strength, stability, power, and ability to regenerate life.

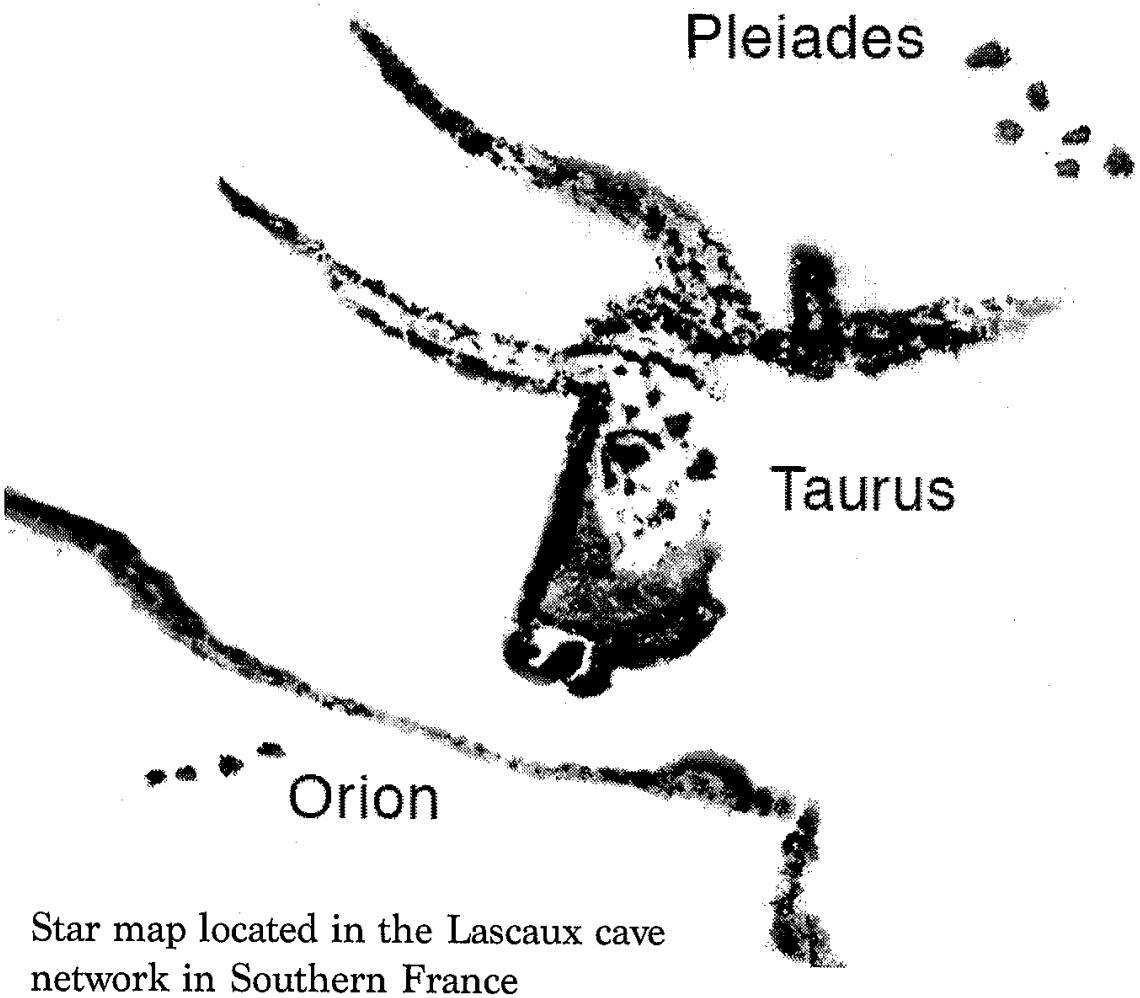
The spinal column is the sacred structure that supports physical life. We still refer to the Djed pillar as Osiris's spine. Could the original symbols that represent the Djed and the Ankh come from the bones of the bull's spine?

Was the bull's sacrum the original Djed pillar? Were the bull's thoracic vertebrae the original Ankh? The true origins remain obscured with time, but there are many connections to this line of thinking.



For the Egyptians, the bull was the ultimate symbol of kingship, power, strength, life, and creation. The gods and pharaohs alike were depicted wearing a bull's tail hanging from their lower spine. To be adorned with the tail of a bull was to display authority, divinity, strength, virility, and their ability to create life.

Torus and bull worship date back to our earliest ancestors. In the Lascaux Cave, France, prehistoric cave painting displays the constellation Taurus as the bull. Sitting on the bull's back is the Pleiades star cluster and in front is the Orion constellation. This painting is one the earliest representations of these star maps and related iconography, dating at least 17,000 years old.



Star map located in the Lascaux cave network in Southern France

THE OLDEST RELIGION

Tracing the ancient origins of theology can be very difficult. Much of our historical records and ancestral knowledge has faded with the obscurities of time. We are fortunate to have cultures like Egypt and Sumer, who did leave behind detailed knowledge of their world recorded in stone for future generations to rediscover. Unfortunately, records from prehistoric eras are fragmented and open to modern interpretation.

To understand the minds of the people who lived in this prehistoric time, we have to shift our perspective to be more in line with the thoughts and environment of the ancient shamans, hunters and gatherers. To these ancient peoples, knowledge of the world meant absolute survival and longevity for their descendants. A human being is not born with survival instincts, we are born helpless. We must be cared for and taught throughout our formative years to survive in this world. Knowledge is our greatest asset, passed down through the generations, we become stronger, more capable of surviving, and thriving. When knowledge is lost, we suffer until we regain that knowledge.

If a child is abandoned in the wilderness, their only hope of survival would be to mimic the survival skills of other animals, or by being adopted by animals and cared for. There are documented cases of wild humans raised by wolves. When they are found, they have almost completely forgotten about their human life, taking on the attributes and identity of the wild animals. Ancient humans were the product of their environment. To survive, they observed the natural world, mimicking the animals to gain knowledge of their environment.

In this sense, the first religion was a form of animal worship by mimicking the survival traits of other animals. By this, humans gained new knowledge and insight on surviving in their

environment. They became one with the animals, moving with the herds to new fertile lands, observing what fruits, seeds, and vegetation to eat. They listened for birds calling out, warning other animals of the predators lurking in the area. By taking on the identity of certain animals, ancient shamans believed they were taking on the spiritual forces and abilities that the animals possessed to survive.

As they observed nature, they started to see the patterns in nature, the cycles of time and seasons. Depending on the season, the animals would change their behavior and movements during different times of the year. The migration of birds and animals singled the time to move to avoid the harsh climates of the winter months. Ancient observers noticed that during these cycles, certain stars and constellations would appear in the sky during these changes.

The second religion that would develop with ancient humans would be that of the stars. Their appearance and movement in the night sky would set a yearly map to track the progression of the seasons. The stars also gave ancient humans the ability to navigate and map our world. Mapping the heavens was the ultimate survival tool and an evolutionary jump in consciousness. By marking the arrival of certain stars in the sky would signal when to plant seeds and when to harvest. This knowledge evolved our ancestors from hunters and gatherers, into farming communities, where they could plant their crops and settle on one land.

Our ancestors created mythologies and complex stories to pass on this vital survival information to the next generations. They personified the stars and constellations with names and identities of animals, mythological creatures, or gods. The cycles of the moon and sun are the most important of these stellar objects, which our ancestors observed each day and night. The

sun being the source of all life on planet earth was the most sacred object in our sky. The moon, the companion of the sun, was equally as important.

The moon would change its illumination from complete darkness to fully illuminated over a 28-day cycle. The moon would also affect the tides of the water. The moon was the bringer of life and fertility, as it matched the 28-day cycle of the female reproductive system.

"The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown."

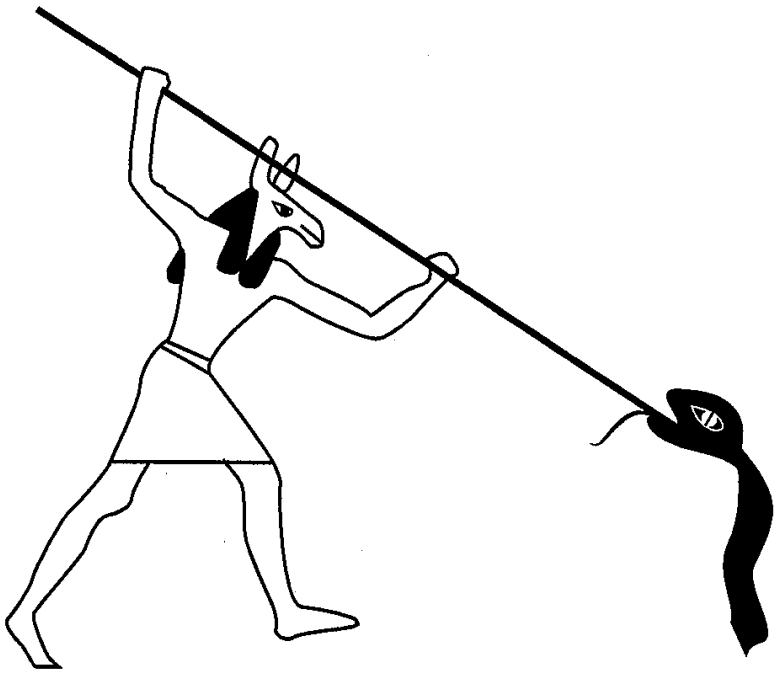
- H.P. Lovecraft

To this day, we still fear the darkness and the unknown. It is the oldest of human emotions. When the sun sets and the light on the planet is extinguished, we become susceptible to the unknown hiding in our environment. In the darkness, predators and creatures of all sorts would awaken out of their slumber to hunt their prey. The night was a terrifying time for ancient humans, who did not know what was out of sight planning for their demise.

When the moon was full, it illuminated the night sky, offering protection from the darkness. As the moon started to wane, it was seen as losing its battle to the darkness, until the entire moon would be extinguished in darkness. This new moon would signal fear, allowing those that preyed to remain hidden in the shadows. As the moon started to wax, the light would return to the world, overcoming the darkness, becoming illuminated again. It was only when the sun would rise again each morning, that the world would be saved from the darkness and the unknown.

The story of the battle between light and darkness, played out every month with the moon and sun. This story would evolve into various religious theology we still believe today. In ancient Egyptian mythology, Horus (*the Sun and Moon*) defeated Set (*the darkness*). Which evolved into Greek and Roman Christian ideology, Satan being the modern version of Set, who rules the demons of darkness. The original Greek word for demon '*daemon*' simply meant a supernatural power attributed to a god. As Christianity theology over took the ancient world, all other gods or supernatural forces were demonized as evil by the church.

During an eclipse, the sun was forced into battle with the forces of darkness trying to swallow the light. The symbolic battle of the end of the world, being played out for the entire world to witness. These events were often retold by ancient cultures as a giant serpent devouring the sun or an egg, the symbol of creation and life. Each time, the darkness would be defeated by the light, who cast down the darkness until the next battle. In Egypt, the demon serpent Apophis would attempt to devour the sun each night. The only god able to defeat Apophis was Set, who battled Apophis each night, protecting Ra so that the world could be born again each day.



Cosmic Theology

The stars tell a story that has been passed down through the sacred teachings and religious doctrines. The earliest evidence of our ancestors recording the stars can be dated back to at least 32,000 years. In Egypt, the Dendera Zodiac dates back to 1500 BCE. This zodiac depicts the constellations in their animal and human forms, following their procession in the sky.

Each star and constellation was personified in their relationship to the principles of so above, so below. Their appearance in the sky was linked with the cycles of time.

The world was divided into four cycles:

Winter Solstice - Around December 21st - Longest Night of the Year - Dark is at its Strongest.

Spring Equinox - Around March 21st - Day and Night are Equal - Light overtakes Dark.

Summer Solstice - Around June 21st - Longest Day of the Year - Light is at its Strongest.

Autumn Equinox - Around September 21st - Day and Night are Equal - Dark overtakes Light.

The Birth Of The Sun

The most famous retelling of this cosmic play is found in the biblical account of the birth of Jesus. In this doctrine, an angel visits the Virgin Mary, foretelling her pregnancy of the

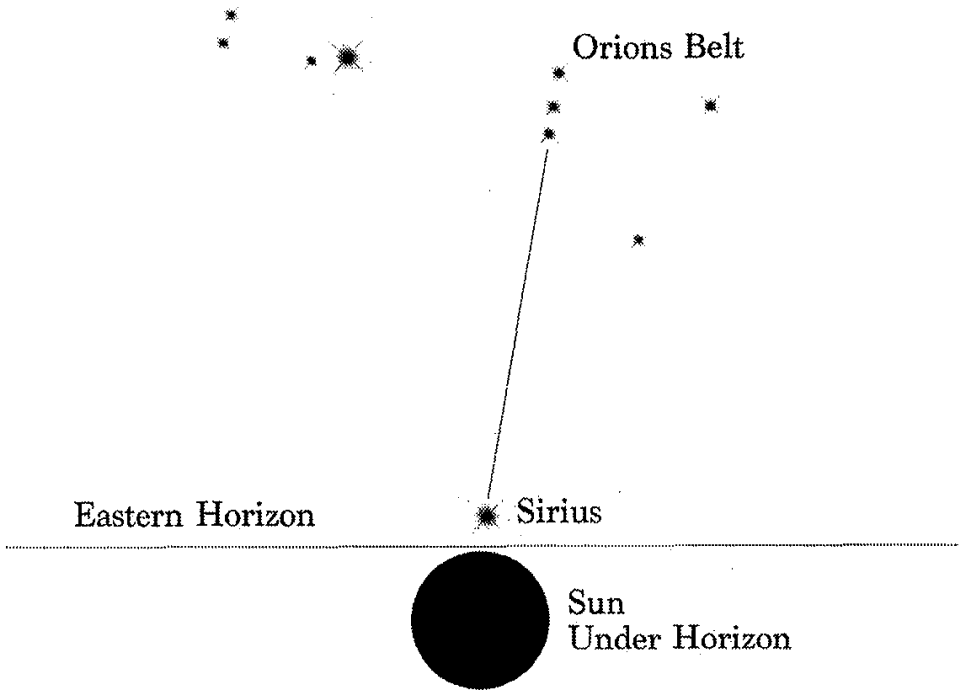
son of god. The virgin represents the constellation Virgo, who is depicted as a woman holding wheat, symbolizing the time around the Autumn Equinox when it is time to harvest.

It is believed that the conception of Jesus was around the time of the first full moon after the Spring Equinox, which places this date between the end of March and April. In the Jewish religion, Passover is celebrated at this time, and in Christianity, Easter is celebrated. Both celebrations are connected to the beginning of spring, the '*passing over*' of the length of days over the length of nights. Spring is the time of the year of fertile soil when it is time to plant seeds. Easter still uses the ancient symbols of the rabbit and the egg, representing fertility and the promise of new life.

After nine months, the Virgin Mary travels to Bethlehem on a donkey, ready to give birth. Bethlehem in Hebrew translates to '*House of Bread*'. Virgo the virgin, carries the wheat to the house of bread. In ancient astrology, the donkey was known as the stars of Asellus Australis and Asellus Boreali, in the constellation of Cancer.

Mary gives birth in the manger, *(the house)* in-between an ox and a donkey, symbolizing the constellations of Taurus and Cancer in the night sky. In between Taurus and Cancer is the constellation Gemini. Gemini is the path in space where the sun, moon, and planets travel their course.

Three Wise Men follow the star of Bethlehem in the night sky to find the location of the birth of Jesus. On the night of December 24th, in the eastern sky, the three stars of Orion's belt point vertically down to the brightest star in the sky, Sirius. In ancient times, the three stars in Orion's belt were known as the three kings. This alignment in the night sky points to the location of the rising sun on December 25th.



The Winter Solstice tells an interesting story about our sun. On December 21st, the sun reaches its furthest southern distance away from the northern hemisphere. Making this day the shortest day of the year. The sun sits for three days in this position, seemingly dead. On the morning of December 25th, the sun is reborn, starting to move back into the northern hemisphere, each day extending the duration of light, until its peak at the Summer Solstice.

As the sun sets under the horizon from December 22nd to the 24th, the sun enters the location of the constellation of the Crux (*southern cross*). As if the sun dies at the location of the southern cross, then is miraculously resurrected after no movement for three days.

Jesus is said to have lived for 33 years. Conceived around Passover and died after the last supper, Passover dinner, 33 years later. The moon takes 33 years to align back to its original position with the sun. This represents a complete cycle of the

moon's life with the sun. Bestowing the number 33 symbolic representation of completion.

In the early 2nd century AD, the Greek philosopher Plutarch wrote an in-depth account of the history of Osiris and Isis. In this account, Plutarch speaks about the Winter Solstice festivals of the ancient Egyptians, in which Harpocates (*Horus the Child*) is born on December 25th. Horus, the miracle child, was immaculately conceived by Isis. After Osiris was murdered by Set, Isis resurrected him through magic, so that she may conceive and bear their child, Horus.

"Isis, when she was aware of her being pregnant, put on a protective amulet on the sixth day of Phaophi, and at the winter solstice gave birth to Harpocrates."

- Plutarch

Horus, like many other solar gods, was given the birth date of December 25th. Taking on the cosmic theology of the seasons of the sun that we see repeated in many cultures and religious doctrines.

Recorded In Stone

Ancient civilizations knew that the most important information needed to be recorded in stone. Stone is the only element that stands the test of time. The stronger the stone, the longer it will live on into the future. Even in Neolithic times, our ancestors would record what was important to them deep within cave walls or on the sides of mountains. As we evolved more powerful tools and abilities, our ancestors etched their knowl-

edge and history onto stone tablets, monuments, buildings, art, and statues.

In Egypt, we are still in awe of the complexity and scale of the advanced stonework, megalithic monuments, intricately etched motifs, and hieroglyphics. Objects of all nature, shaped by human hands, from the soft alabaster to the extremely hard basalt and granite. The most obvious feats were in the construction of the pyramids and obelisks. The great pyramid of Giza alone is over 2.3 million blocks of limestone and granite, each weighing between 2.5 to 15 tons. Making the pyramid a wonder of the world that has remained standing thousands of years into the future.

The shape of the pyramid comes from the story of the birth of Ra, the sun god. When Ra, the self-created god separated from the dark waters of Nun, he became the light of creation. Ra's first rays of light fell on the primordial mound of earth, which was shaped in the form of a pyramid. Later named the Benben stone, this location is where Ra is said to have first rested. Pyramids and obelisks are created to honor the sun god Ra.

Obelisks were cut out of one solid piece of granite weighing an average of 180 tons. The unfinished obelisk in Aswan would have reached 137 feet into the air and weighed a mind-blowing 1,168 tons. The obelisk was a square pillar, facing the four directions with a pyramid sitting at its apex, symbolizing the resurrection of the sun god, piercing the sky to allow the sun to shine through. The pyramid at the top of the obelisk represents the Benben stone, the primordial mound that first received the light of the god Ra at the beginning of creation.

Obelisks would be placed in the center of a public gallery or would be set as the pillars outside of entrances to the temples. The obelisks were said to hold the energies of the solar gods. To pass through them, you would enter the house of the gods.

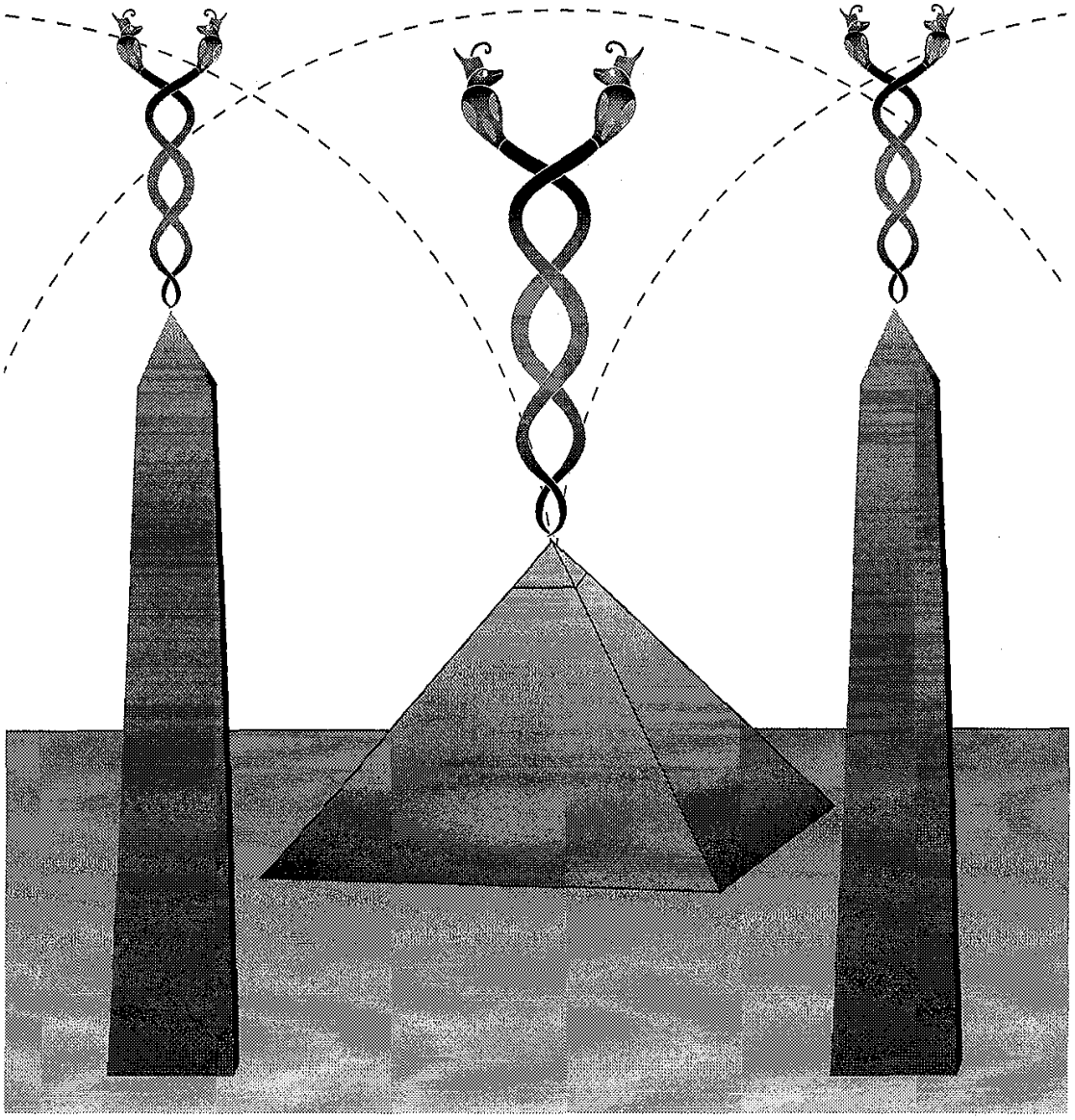
The granite that makes up the obelisks contains 70-77% pure piezoelectric quartz crystal. When an obelisk is resurrected in its upright position, the sheer weight of the granite compresses the quartz. When you compress quartz, you create a strong piezoelectric field that generates an electrical current. Most of our modern technology is based on this piezoelectric principle.

The Pyramids also produce this piezoelectric effect but in a more controlled manner. The outside of the original pyramids was encased in white limestone, which made them look brilliant reflecting the rays of the sun. The limestone had another purpose and electrical property. Limestone is a great insulator of electricity. Encasing the granite pyramid underneath a protective shell of Limestone meant that the electricity from the piezoelectric granite would be contained within.

A specialized stone covered in gold was placed at the top of the pyramid. This pyramid cap or Benben stone would then focus all the electromagnetic energy produced by the pyramids and direct it straight into the heavens and earth. This action would create a potent electromagnetic field around the pyramids and surrounding areas. Is this where we get the word pyramid? Coming from the Greek word for fire '*Pyra*' and middle '*mid*'. Was the true meaning of the pyramid *fire in the middle*? Did the pyramid enhance and focus the natural life force energy that animates all life with the fire of creation?

The same eternal flame burns within the temple of god. The holy fire is your life force, your spirit, your Ka, that resides within the temple of your body through life and eternally burns after death. This sacred fire is housed within all life and mirrored in the geometric shape of the pyramid, the physical representation of the temple of god and man alike.

Like many before me, I believe that the pyramids and obelisks were generators of potent natural electromagnetic/cosmic



Obelisks & Pyramid creating electromagnetic fields.

forces, being broadcast into the environment for specific purposes. That the crowns, scepters, staffs, rods, and jewelry fashioned for the pharaohs, queens, and priests served more than just a symbolic representation of power. I purpose that these were tools designed to receive, transmit and direct the natural electromagnetic fields produced by the pyramids and obelisks.

These tools charge the recipient with divine attributes, enabling them to perform magic, miracles, and converse with the gods. Only trained initiates could handle these sacred

objects. If they were active, the uninitiated could die trying to wield its power. Many biblical stories describe such things. For example, the ark of the covenant had the potential to kill anyone who touched it. Only the high priests were permitted to enter the room where it was housed, without instantly dying. The ark of the covenant originated in ancient Egypt before it was removed, hidden, and preserved by the high priests during the biblical exodus.

The high priests in biblical traditions are said to have worn a specialized breastplate made of solid gold, adorned with precious gemstones. This breastplate allowed the priests to be in divine communication and protection from god, giving them authority to handle sacred objects and perform rituals. If this type of high technology was used in the ancient world, where did it come from? Were they discovered in their time or did they come from another more advanced civilization?

Our ancient world is still full of mysteries and wonders waiting to be rediscovered. There is even still debate as to how the cultures of ancient Sumer and Egypt seemingly just sprung into existence between 4000 - 3000 BCE in Mesopotamia. Evolving from neolithic farmers into advanced civilizations, capable of building grand megalithic structures, language, kingship, religion, hieroglyphics, art, medicine, alchemy, and metallurgy.

Plato's Atlantis

According to the writings of Plato, an advanced sea-bearing civilization existed on a large island in the Atlantic Ocean, located to the west of the Strait of Gibraltar. This legendary island was called Atlantis. In Timaeus and Critias, written in 360 BCE, Plato records a dialogue in which Egyptian priests

regale the story of Atlantis to the Athenian lawgiver Solon. The priests tell Solon that the Atlantean civilization existed 9000 years before his birth, which would set the tale to 9,630 BCE. In this tale, Atlantis was a highly advanced civilization, able to travel the globe and conquer many lands. As time passed, the Atlanteans grew more evil and warlike. The Atlanteans finally met their fate when a terrible earthquake struck and submerged their island into the sea.

Memories of floods and cataclysms have been etched into the minds of our earliest ancestors. Those fortunate few that survived these traumatic events passed their history down through the generations, retold in biblical and mythological accounts.

There is archaeological evidence to support that over the past 20,000 years, many areas of ancient Mesopotamia have been destroyed by floods. Due to glacier melting, rise-in sea levels, earthquakes, volcanic eruptions, and even meteor strikes. From sediment samples taken by geologists William Ryan and Walter Pitman from Columbia University, discovered that around 7,500 years ago, water from the Mediterranean flooded into the Black Sea and surrounding areas, violently submerging over 150,000 square kilometers of low-lying lands.

According to geologist Robert Schoch, water erosion of the stone can be observed on the great Sphinx. This erosion would historically change the date of construction to before one of these flooding events. He estimates that the correct age for the Sphinx is between 7,000 to 11,000 years old, which places it in the same time frame as Atlantis and the flood discovered by Ryan and Pitman.

The head of the Sphinx is also a subject of debate. There is evidence that the head was carved at a later date. The proportional size of the head to the body does not match. There are claims from authors, such as Robert Temple, that the original

was that of the Jackal-headed god Anubis. According to Graham Hancock and Robert Bauval, the great pyramids of Egypt, align with the stars of Orion's belt, and the Sphinx faces the constellation Leo as it rises above the horizon at the spring equinox. They also hypothesized that the Sphinx was constructed around 10,500 BCE and originally had the head of a lion to honor the constellation of Leo.

The earliest evidence of Homo Sapiens walking the earth date back 300,000 years, but that date continues to be pushed back as we discover new archeological finds. It is easy to speculate that earlier civilizations could have walked the earth before us, lost in time, or wiped off the face of the earth from a massive flood or other cataclysms.

When I received the Egyptian postures modality, I asked my cousin Saundra to channel the history connected to this system. The information she channeled fits closely with what I have presented above. She relayed that the history of the Egyptian postures originated with the lost civilization of Atlantis. Over time the Atlantean's started to lose their connection with the divine and became more wicked and warlike, causing much suffering around the planet. The priests of Atlantis foresaw a time in the future that these paths would bring an end to their civilization.

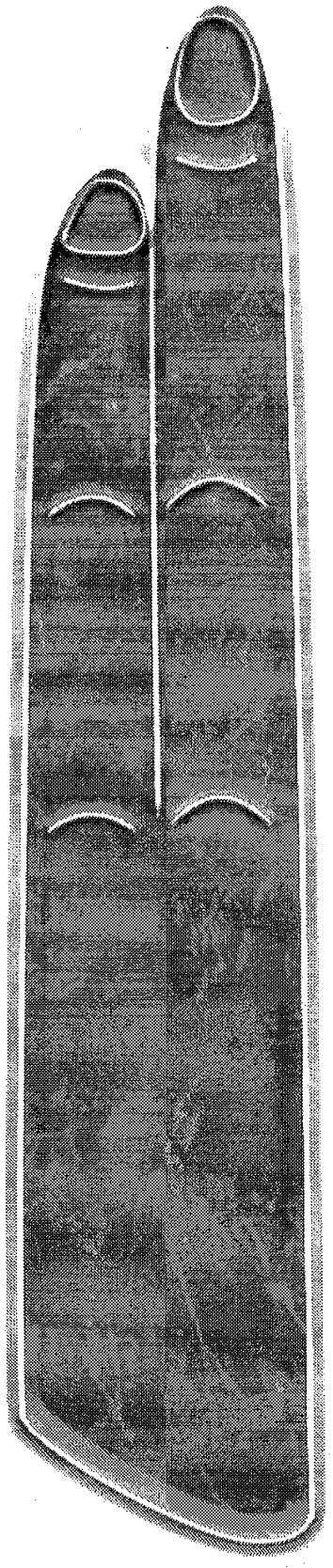
During that time, the high priests of Atlantis would communicate and channel spiritual beings to receive wisdom and guidance. The priests of Atlantis desperately sought to bring peace, balance, and order back to their people. From these

communications, the instructions for the postures were received by the priests.

The purpose of the postures was to help shift the vibrational nature of human consciousness by reconnecting the practitioner directly to their divine source. By changing their vibrational nature, the practitioner's path would align towards order, healing, peace, balance, and enlightenment. They believed that by shifting the energy, hearts, and minds of the Atlanteans, they could avert the coming cataclysm.

When Atlantis eventually fell, knowledge of their ancient culture was seeded in many locations around the earth. In Egypt, many of these seeds grew and the knowledge of the postures remained recorded in stone. There exists a natural order, an ebb, and flow, rise, and fall of all great civilizations. Even our modern civilization will someday fall and be forgotten. We must look at our history, at those that came before us, to know our future.

Our modern world can be seen as a direct reflection of the mythologies of Atlantis. If we stay the course we are heading, furthering our separation from our divine nature, we will fall like Atlantis into the destruction and chaos that awaits us. I believe that many are waking up to this reality, receiving spiritual guidance and tools like the Egyptian Postures to help reconnect us to our eternal divine nature.



Fingers of Horus Amulet

FINGERS OF HORUS

Dje-Baui - Fingers of Horus Amulet - Director of Ka

The Fingers of Horus amulet was placed in the coffin of the dead at the location where the organs had been removed. It was believed that the amulet could heal the wounds of the deceased so they would be able to enter the Afterlife whole again.

The amulet was believed to protect the physical body from the destructive influences of time and decay. The mummification process preserved the body with the utmost care so that the likeness of the deceased would be recognized by their spirit for all eternity. The body was seen as the bridge between the worlds, where the spirit could maintain contact as long as the body was properly preserved.

Horus was the god of the sky. His body was the heavens, his right eye was the sun, and his left eye was the moon. Horus was the ruler of heaven by day and the ruler of the underworld at night as he transformed into Osiris. In the pyramid texts of Pepi, the two fingers of Horus represented the ladder in which Osiris used to reach the heavens. The ladder represents the as-

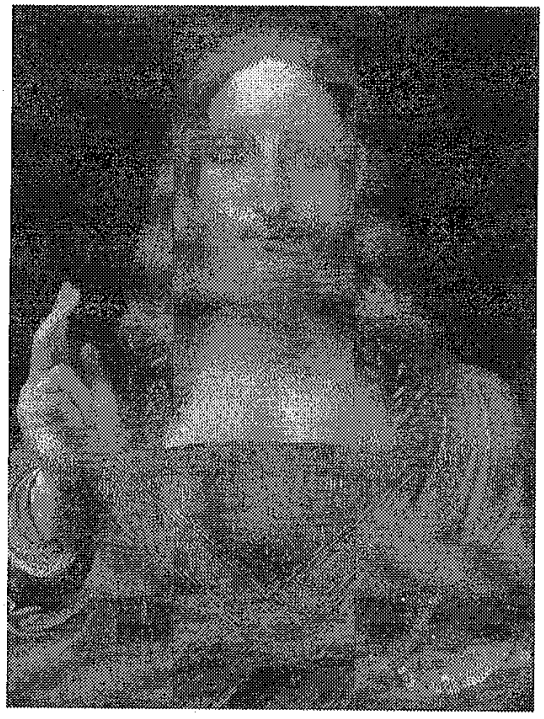
cent and resurrection of the sun (*Osiris*) being born again each morning as the god of heaven, Horus.

In traditional Ayurveda mudras, the index finger represents the element of air, and the middle finger represents heaven/aether. The ancient Greeks assigned the god Chronos to the middle finger, representing the planet Saturn. Zeus, the son of Chronos and the planet Jupiter, represented the index finger.

This same story is reflected back to Osiris and his son Horus. During the day, Horus ruled over the skies and heaven. By night, he traveled into the underworld to rule as Osiris. The two fingers represent the dual natures of Horus. When Horus's fingers are pointing up, they signify the ascent and connection to heaven. When pointing down, they signify the descent and connection to the underworld. Horus ruled and held dominion over both realms, which made him one of the most powerful of all the gods.

The Fingers of Horus hand gesture bestowed blessings, healing, power, protection, and authority to those that utilize it.

This Mudra is still being used today by Christian priests performing the sign of the cross, blessings, rights, and exorcisms. Jesus and the saints are famously depicted holding this specific hand gesture. In Christianity, the two fingers represent the two natures of Jesus, the divine and physical aspects. Another interpretation is using the two



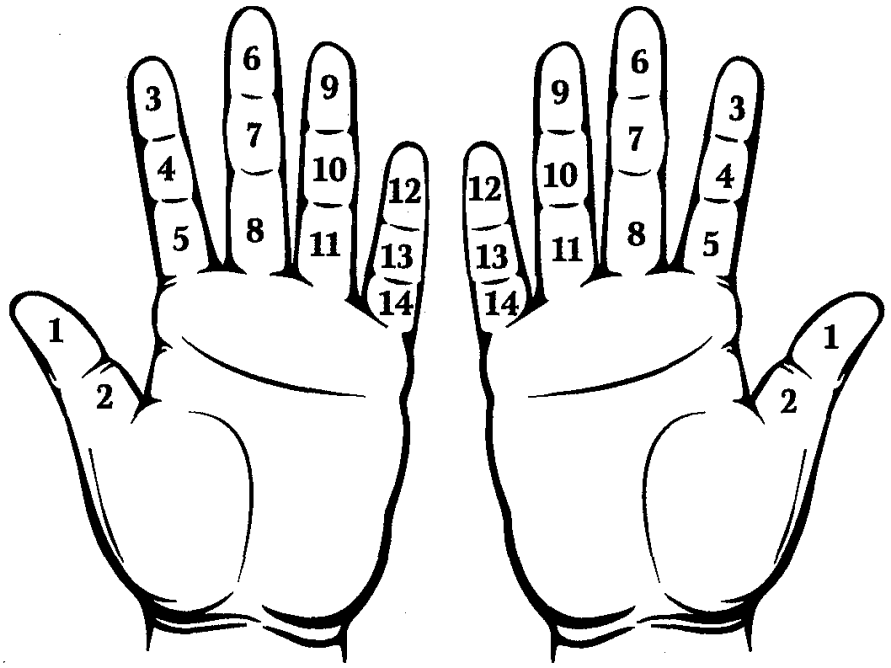
Salvator Mundi - Leonardo da Vinci. 1499-1510
Public Domain

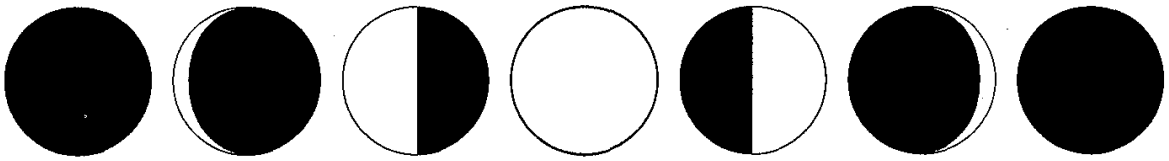
fingers and thumb, represent the holy trinity. The father, middle finger; the son, index finger; the holy ghost, the thumb.

In energy cultivation, we use this Mudra in the same way. Pointing the two fingers directs and focuses the Ka to the desired destination. When placing this mudra on acupuncture points, chakras, you are guiding the Ka into those areas.

In the mythologies of the gods, Set murdered his brother Osiris (*fertility, moon, underworld, resurrection*) and cut his body into 14 pieces, which he spread around Egypt. Isis collects Osiris's parts and resurrects him through the magic of mummification. The only body part that remained missing was Osiris phallus, which was said to be eaten by a fish in the waters of the Nile. Isis replaces his phallus with a golden one, then resurrects Osiris long enough to conceive their child Horus. Osiris then returns to the afterlife maintaining his rule over the underworld.

If you look at your fingers and thumb, you will notice that your 4 fingers divide into 12 parts, your thumb into an additional 2. Each hand has a total of 14 divisions or cuts. Ancient





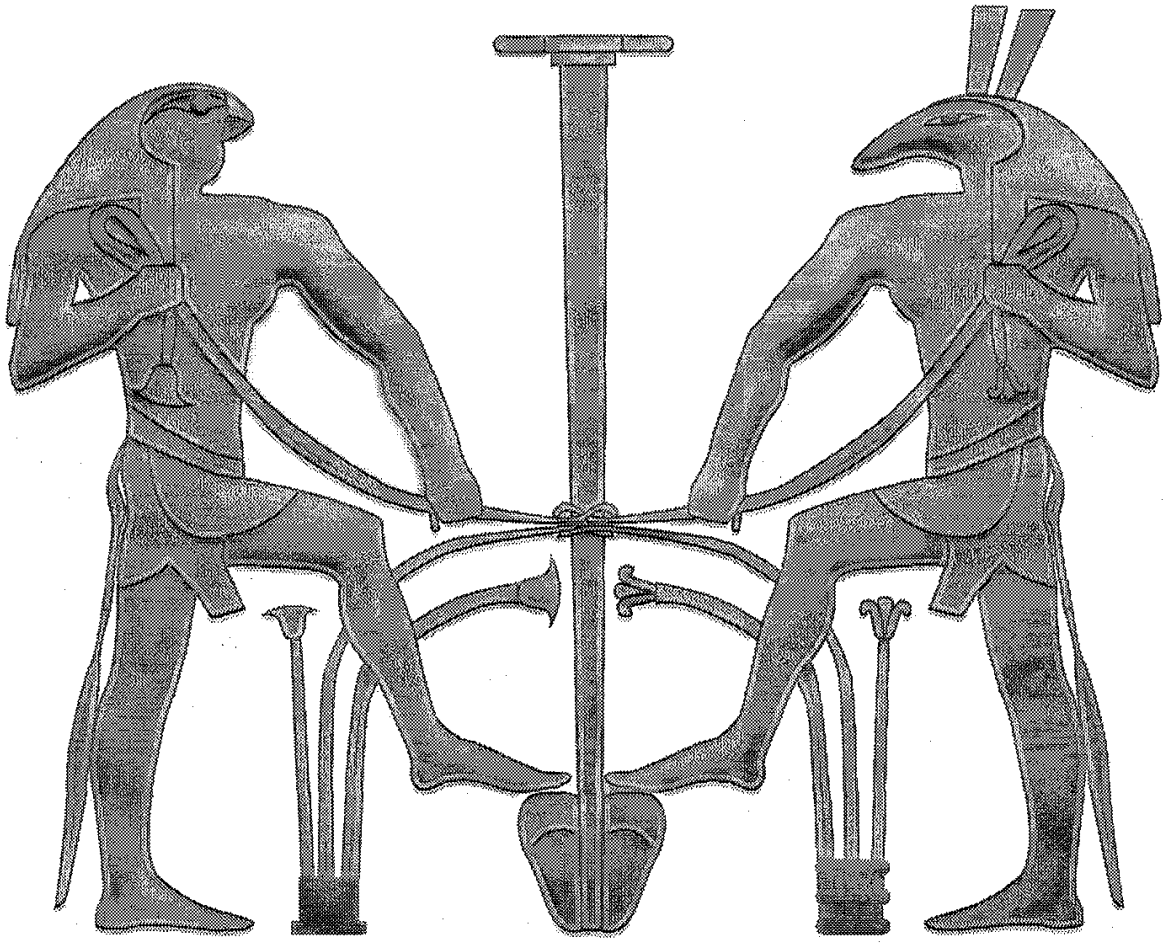
peoples would use their hands to count the 28-day moon cycle. The left hand represented the waning moon and the right the waxing moon. Fertility and the female reproductive system are also in sync with the 28-day moon cycle.

Both Isis and Osiris are personified as the moon, waters, and fertility. They were responsible for the flooding of the Nile each season, which brought life and fertility back to the land. When you understand these myths from the point of view of astrology, lunar and solar cycles, you can see these stories share another form of wisdom.

Set, who represents darkness and chaos, murders Osiris representing the moon and death. Sets darkness cuts the moon into 14 pieces, which is the number of days it takes for the full moon to become a new moon (*dead*). Set extinguish the light of Osiris over 14 days. Then Isis goes on the search for Osiris's 14 pieces to resurrect him. It takes 14 days for the new moon to become full again (*resurrected*).

When Osiris phallus (*symbol of fertility*) is lost in the water of the Nile and eaten by a fish. Osiris is then eternally linked to the annual flooding of the Nile, bringing life and fertile soil to all of Egypt. The moon is linked to the annual flooding of the Nile by the nature of gravitational forces that influence the high and low tides.

After Osiris takes his place in the underworld, his son Horus also battles Set, in the retelling of the same story. This time Horus loses his left eye, representing the moon, to Set. Only to be magically restored by Hathor, representing the sun.



Upper & Lower Egypt

Nekhbet - Vulture - Upper Egypt - White Crown - Spirit - Lotus

Wadjet - Cobra - Lower Egypt - Red Crown - Matter - Papyrus

Sema Tawy - Unification of Upper & Lower Egypt

Pharaohs were the living embodiment of the gods on earth, who acted as the divine bridge between the upper world (*spirit*) and the lower world (*matter*). The Sema Tawy, the symbol for the unification of the two lands, upper and lower Egypt, can also represent the unification of the two worlds or two forces.

Historically, the two lands of upper and lower Egypt were unified under King Menes in 3,100 BCE. Since that great merging, each proceeding Pharaoh was known as the great unifier between the two lands.

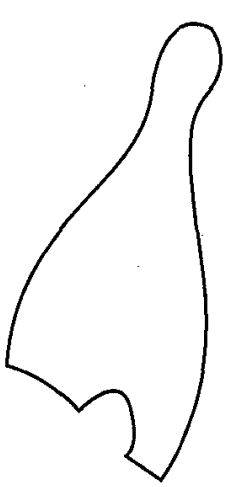
The design of the Sema Tawy symbol is quite interesting and may leave some scratching their heads. The main element of this symbol is a human esophagus connecting to the lungs. The esophagus is entwined with the lotus and the papyrus plants, which are the symbols of each land. The plants are pulled and knotted around the esophagus by two opposing beings (*forces*), signifying divine unification, balance, and harmony. Why use the lungs and esophagus to represent the unification of two lands?

The lungs and windpipe are the physical organs we use to breathe. It is through the breath that we merge spirit into matter. When we are born, the Ka (*spirit*) body is gifted on our first breath by the goddess Meskhenet. The Ankh, the symbol of life, was given by the gods, placed under the nose depicting the breath of life. It is through the lungs and windpipe that we can connect between the worlds, breathe and utter the words of god. Ra created himself by uttering his name. His first children, Shu (*Air*) and Tefnut (*Moisture*) represent the breath of life he gave to the world. Ra, as the symbol of the sun disc Aten, descends the Ankh down to the world through its rays, enlivening the air with radiant photons, ions, and magnetic forces.

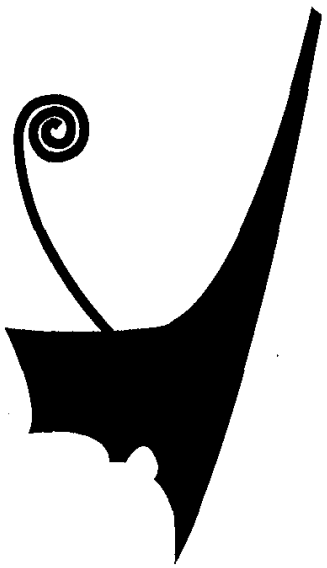
The two worlds of spirit and matter, upper and lower Egypt, were represented by Nekhbet and Wadjet, the two sisters. Nekhbet was depicted as the grand vulture who watches over the earth from the sky. The desert vulture circles the dying and devours the dead. The vulture represented dominion over the upper world, guardian over the dead, and spiritual realm.

Wadjet, the King Cobra, often pictured standing upright on its belly, always ready to strike its enemy with deadly venom. Wadjet was the guardian and protector of the earth, Pharaohs and Gods alike. The Cobra was linked with the sun and the kingship over the earth.

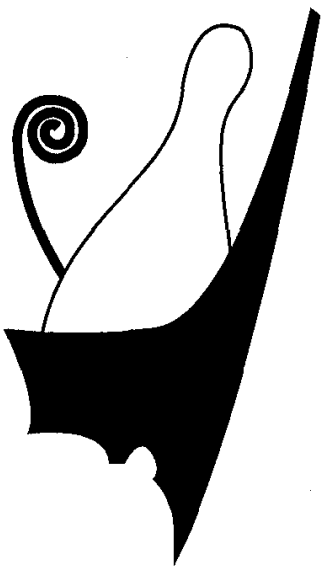
Pharaohs would wear the combination of the two crowns to symbolize the unification of the two worlds. Hedjet, the white crown of the upper world, and Deshret, the red crown of the lower world. The crowns would also be adorned with the symbols of the vulture and the cobra. The white crown symbolizes the spirit and the heavenly realms. The red crown symbolizes matter and the earthly realms. On the Sema Tawy, Horus and Set would represent the polarities of these worlds. Horus of the heavenly realms was depicted with white, and Set of the earthly realms would be depicted with red. Over time, the image of Set would evolve into the 'red devil' we know today.



Hedjet
Upper Crown



Deshret
Lower Crown



Pschent
Double Crown
Union of Upper
and Lower Egypt

Connecting Heaven & Earth

Shu (*air*) and Tefnut (*moisture*) create the atmosphere that lifts the firmament of heaven separating Nut (*starry sky*) and Geb (earth). This life bubble allows creation to spring forth and flourish. Like all of creation, the human being is the product of its environment and divine nature. We are the embodiment of all the elements, earth, air, fire, water, and spirit working together to experience life.

We are birthed from the dark waters of the womb, and into the radiant world of light and warmth. Our umbilical cord and placenta are attached to the navel, like Brahma being born from the navel of Vishnu on the stem of the lotus flower.

As we open our mouths, we take our first breath of life, which awakens us out of our deep slumber and into the world of the living. It is now up to the elements of the earth to nourish and support us like it has done for all our ancestors before us. One constant breath shared by all, fanning the fire of cre-

ation to be passed on eternally, like the lamp that can never be extinguished.

The human body is designed in the image of god, which is the reflection of nature and the universal laws. The body works in complete symbiosis with the world around it in its natural state. To observe the relationships between the environment, animals, insects, and plants; furthers our understanding of the natural order that supports all life.

For an animal to survive, they must breathe oxygen, which is the byproduct of plants. The plants breathe carbon dioxide, which is the byproduct of animals. We breathe each other's breath. Without one, the other will suffocate.

Animals also eat the organic matter of plants. Through the digestive process, animals return fresh soil and nutrients to the plants. Life feeds off of death, and death feeds off of life in perfect balance. If there are no animals to clear the growth of the plants, leaves, seeds, and fruit, the soil can acidify, killing the plants.

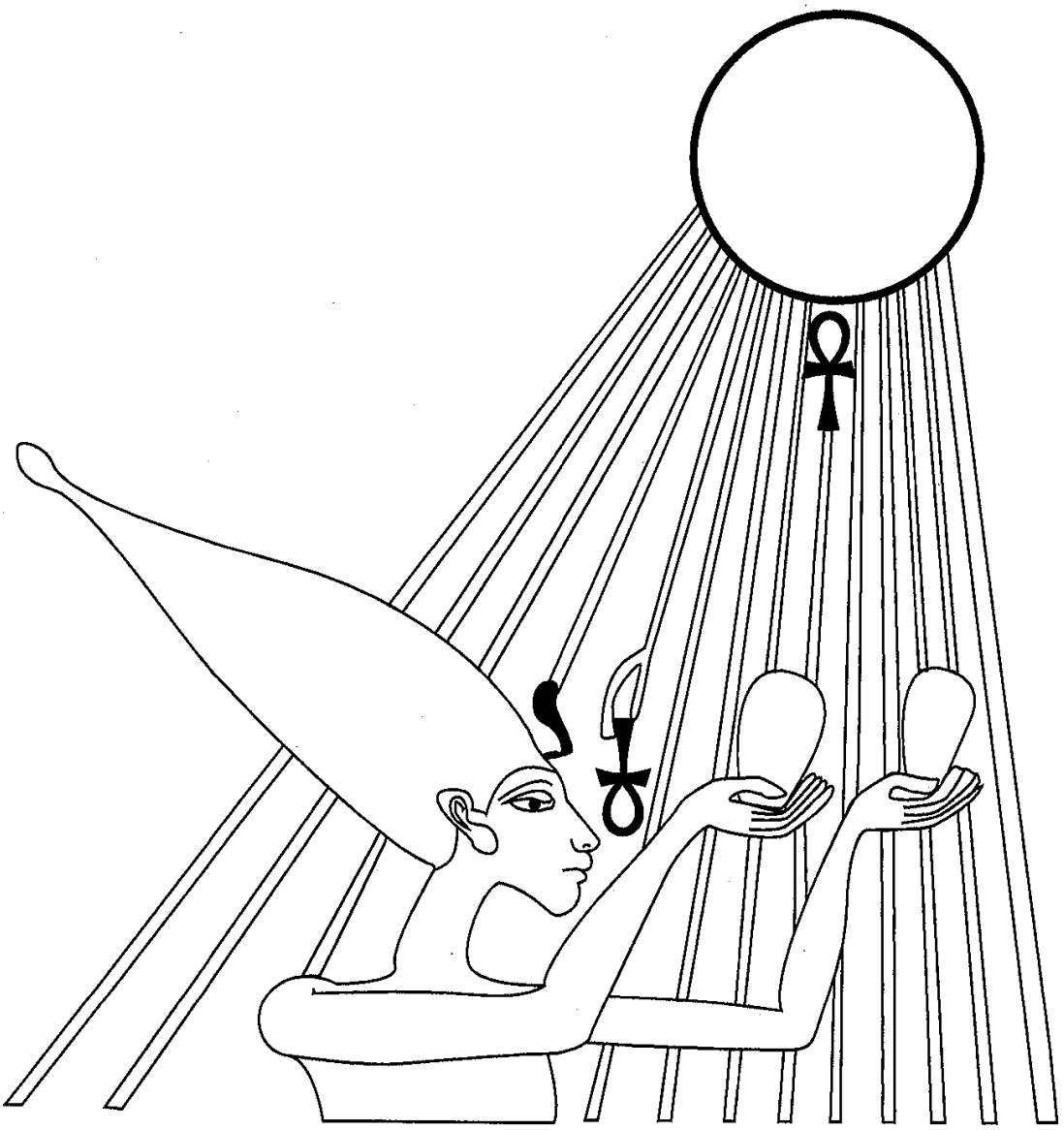
Animals also carry and bury the seeds of the plants, in effect, planting the new forests. Plants support our lives, and we support theirs. In life, we consume their flesh, and in death, they consume ours. We all return to the earth, supporting all life in a natural cycle of rebirth through the transmutation of the elements. This process is the natural order of things.

In today's modern world, we have separated ourselves from nature. We have created artificial dwellings, artificial light, and even artificial food. We now face the consequences of this separation, even though we may not see the connection between the cause and effect. By separating from the natural order, we have turned from symbiotic to parasitic. We have replaced balance with nature with rapid consumption and destruction of the earth's natural resources. Scientists predict we are on the cusp of the next mass extinction event, only to be hastened by human hands.

We also face a health crisis in our modern times. Even with all the advancements in science and medicine, poor health and disease are on the rise. The further we move away from our natural state, the more toxic we become at all levels.

The natural world provides the elements we need to nurture our bodies and life force. We need fresh air, food, water, and the sun to touch our skin.

Akhenaten is famously depicted worshiping the rays of the sun god Aten. The rays of the sun descend with the Ankh, the symbol of life in front of his nose. This was to symbolize the breath of life and the life-giving forces of the sun. Sun worship is one of the oldest religions because, in the literal sense, the sun is the source of all life on this planet.



The earth's magnetic field protects us from the streams of deadly cosmic radiation of the sun and beyond. The ions from the sun flow down through the atmosphere and magnetic fields. Ions in the atmosphere collect and transfer down to the ground in a show of lightning.

When lightning strikes the earth, an electromagnetic signal reverberates around the planet, creating a resonance between the ionosphere and the ground. Depending on how many lightning strikes, the resonance will either rise or fall between 0.1Hz to just over 70Hz. The average resonance sits around 8Hz, this phenomenon is called the Schumann resonances.

As above so below, so within so without. Our brainwaves operate within the same bandwidth of these resonances. Delta wave 0.1-4Hz, Theta wave 4-8Hz, Alpha wave 8-13Hz, Beta wave 13-32Hz, Gamma wave 32-100Hz. The electrical and magnetic resonances of the planet have a direct influence on minds, emotions, and bodies.

When we are awake, our brain is operating in the range of the Beta wave. When relaxing or meditating, you drop your brain waves down into the Alpha and Theta waves. When you are deep asleep, you enter into Theta and Delta waves. Each level of brain wave determines your state of awareness.

Nikola Tesla discovered through his experiments that by altering the electromagnetic frequency in the atmosphere, you are manipulating or influencing the brainwaves of mankind. In our modern world, we have flooded our atmosphere with electromagnetic frequencies from satellites, cell towers, modems, etc. The subtle natural electromagnetic fields of the earth are being lost in the noise of our modern world. This has never been done before, and we do not know the long-term repercussions.

Our cells and nervous system communicate through the transfer of electrical signals and ion exchanges. Every cell, or-

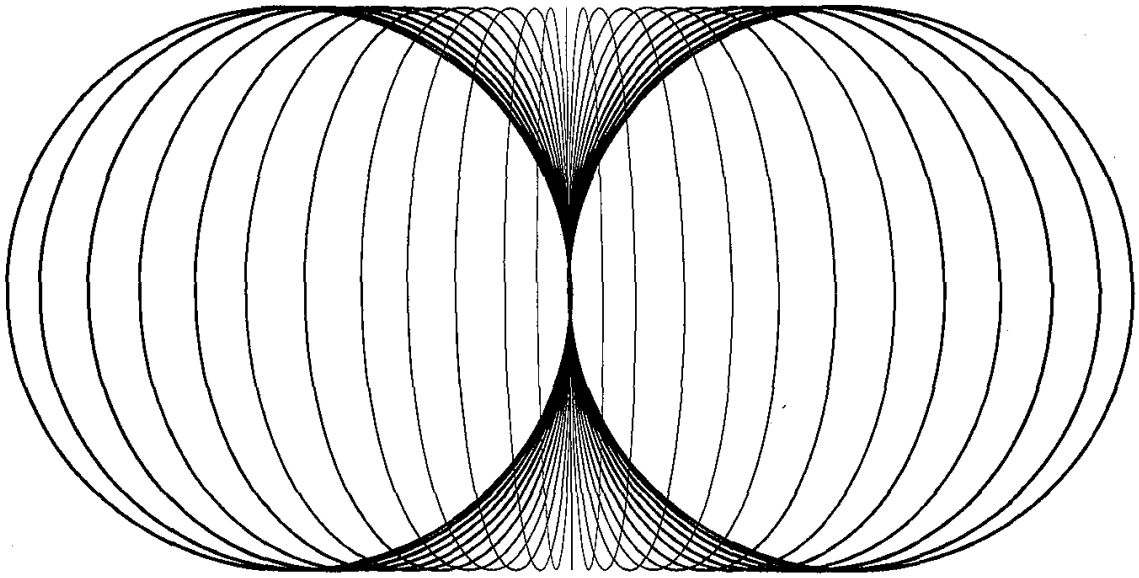
gan, and even the physical body generates magnetic fields. A healthy cell holds around 70 millivolts of electricity. When cells start to get old, sick, or dying, their electricity starts to drop, becoming acidic. Our bodies need constant replenishment of ions to remain healthy and vital.

We need to take the time out of our busy lives to reconnect with nature again. Walk in the forest or beach. Breath the fresh air, letting the light enter your eyes and touch your skin. It is now common understanding that UVB from the sun triggers the natural production of vitamin D in your body. Vitamin D production regulates the overall health of our bones, muscles, and immune function.

Earth Grids, Vortex's & Places Of Power

The earth contains lines of magnetic channels, carrying energy from the magnetosphere to the poles, the ground, the atmosphere, across the surface of the planet. The earth is surrounded by the magnetic fields generated by the iron core at its center and the constant stream of ions from space. These fields protect all life on earth from the harmful effects of cosmic radiation.

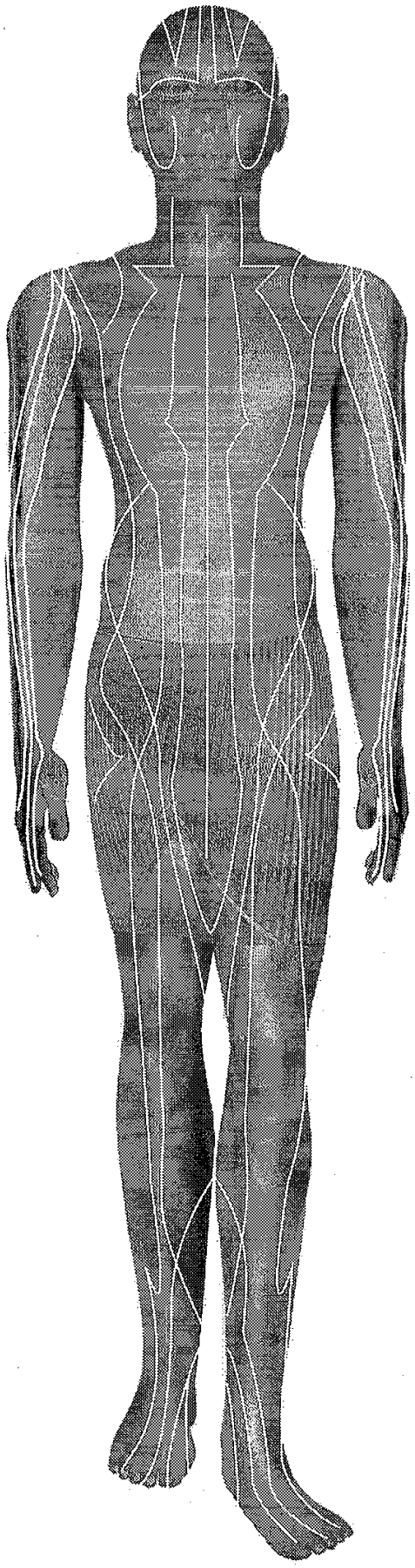
Ancient peoples called these lines on the earth, ley lines, or dragon lines. There was an ancient science in locating these lines and where these lines crossed. Sites were mapped out for the best locations to build temples and cities. The builders were looking for where these lines of energies created '*power spots*'. In these locations, they would construct their most important temples or dwellings. They would then build the city around this sacred spot. In these spots, life seemed to magically blossom withs a certain sweetness and electricity to the air. These areas were viewed as sacred life-giving spaces.



The same is true in the areas where it was hard for things to grow and flourish. They would caution anyone building on those areas. They would say these lines of energy also had a life-taking polarity.

A vortex is created when two of these lines are crossed. The vortex can either bring life force energy into the area or take life force. Vortexes are popular in places like Sedona, Arizona, where many people still seek these positive vortexes of energy for meditation, spiritual work, and healing.

As so above, so below, just as the earth, our physical body is made up of channels of energy, known in traditional Chinese medicine as meridians. Along the meridian system, there are points that connect to various organs or systems in the body. This theory is the basic concept of acupuncture. When a channel is blocked or carries too much Yin or Yang energy, the body is out of harmony. To correct the harmony of the meridian, the acupuncture points are stimulated with energy, needles, touch, or herbs to bring the system back into balance.



Meridian System Example

The River Of Life

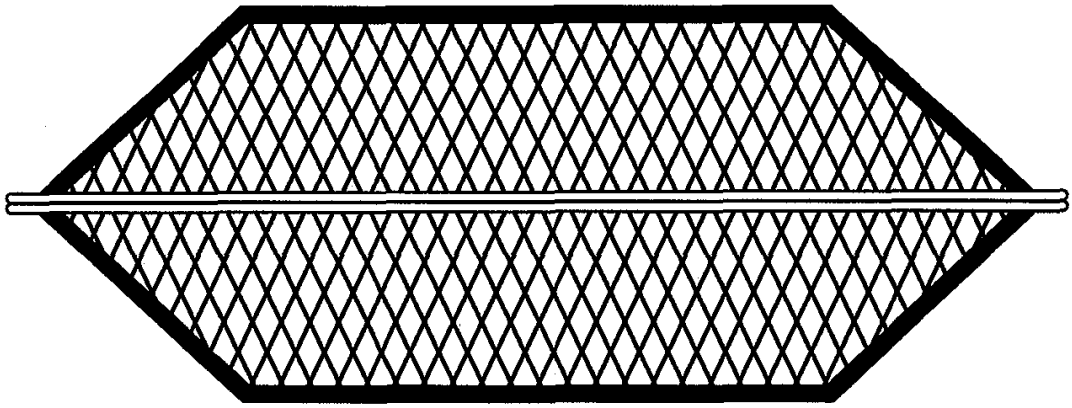
As we stand, feet on the ground with our hands by our sides. The energies of life flow through and around us. Energy is always in motion and we are part of that flow. The air we breathe holds positively and negatively charged ions. The ions and radiant photons of the sun touch our eyes, hair, nails, and skin. The magnetic fields of the earth move the ions through the cells of our bodies. Our bodies are designed to take in these natural electromagnetic and photonic energies. These make up the foundational support to all our energetic and physiological systems.

This energy is all around us at all times. We are submerged in this river of life, even though we may not be able to witness the river's currents. Like a fish swimming in the water, we are swimming in the river of energy. A bubble of atmosphere that makes life possible.

The human body acts as the bridge between the upper world and the lower world. The atmosphere and the earth. We absorb and release both polarities through our body's natural biological processes, alchemically transforming this energy into new forms. As we stand, we become the pillar holding up the heavens. As we lift our arms into the sky we become a receiver and antenna, taking in electrical information and life force energy.

As we bring both polarities into our bodies, we merge heaven and earth within us. Like a battery, when the two polarities are connected, it generates power, our life force. We can sensitize ourselves to feel this flow around us. All we have to do is stand in silent meditation in a natural environment. Your hands by your side, palms open and horizontal to the ground. In this stance, close your eyes and breath. Over time you may start to feel a magnetic bubble coming up from the earth to

support your hands. You may also feel the in and out breath through your hands and feet. This posture will ground you into the environment and sensitize you to the natural river of life.



The Fisherman's Net

The fisherman casting his net into the waters is a timeless tale about our inseparable relationship with the natural world that supports us. The fisherman never knows what he has caught until he pulls the net out of the waters. The symbolism of the net meant life and death to the fisherman. The net can catch an abundance of food to nourish us, or if we are not careful, that same net can entangle us.

Spiritually the net can be seen as our struggle to overcome the hardships we carry, or to free oneself from nets that have entrapped us.

The Fisherman's net represents the energy field around our bodies. This field can either set us free or entrap us under its weight. It all depends on where we cast our energy, what we catch, and what we hold within it.

In ancient shamanic understanding, everything in this world and beyond has a spirit. The rocks, the trees, the water, the animals, all have spirits that could interact with us. They believed that by eating a plant or an animal, that the spirit of that entity would become part of them. For example, when the shaman eats the deer, he says, the deer now becomes the man. To this day we still call alcohol '*spirits*' because each drink carries a unique essence. It wasn't just by eating or drinking that captured these spirits in our energy fields. It is said that touching certain objects, walking in certain environments, even thinking certain thoughts can capture a spirit within your field.

These spirits can either be beneficial to our life force or can be life-taking. The ancient shamans understood this nature of spirit well. When someone was unbalanced or unwell, they would perform a spirit extraction ceremony to remove the unwanted energy causing the disturbance. Today exorcists perform a similar ritual to remove unclean spirits from possessed individuals.

I will share a personal experience I had in Tokyo. It was a cold winter night, so I went out searching for a Soba restaurant to have a warm bowl of soup. The restaurant was full of people, so I was rushed in and out due to the long lineup. After finishing my soup, I left and started to walk back to my apartment. When I got home, I instantly started to feel ill. I was very nauseous, the room was spinning, it was hard to breathe and I felt like life just got sucked out of my body. The only thing I could do at that moment was try to sleep it off.

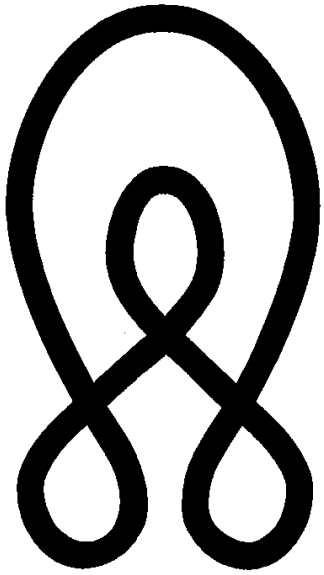
As I fell asleep, I popped out of my body to observe what was wrong. To my shock, there were two beings attached to my body. They looked like little demon creatures about 2 feet tall. Their skin was a dark reddish-purple, looking like little flying dragons with wings and a tail. Their feet and wings had sharp

talons on them, and their heads looked like a mix between a bat and a horse. One was holding onto the back of my head and neck, and the other was attached to my lower back. In my astral form, I started to freak out and attempted to pull these creatures off my body. But that didn't work as planned. They just fought back with their sharp claws scratching and digging into me deeper.

What I was doing wasn't working, I then remembered that in the spiritual world, mantras and sacred words have power in these situations. I started to repeat the mantra "*Ra Ha*", which is used for protection and to restore order. Instantly after reciting those words, those entities disappeared. I woke up right after that experience and noticed that I was 100% better, as if nothing had been wrong with me at all. This wasn't the first time something like this has happened to me and it wasn't the last. Each experience like this has brought me closer to the ancient understanding that everything has spirits, positive or negative, we are capable of picking them up in our daily lives.

According to this philosophy, what we carry within our energy fields determines our experience as we walk through life. The energies that we hold can create negative patterns, sickness, addictions, obsessions and shape our perception of the world around us.

By understanding this concept, an individual can then seek to process, release and remedy the unwanted spirits that are attached within the energy field. This can be accomplished through many spiritual practices, including prayer, mantras, postures, and energy cultivation techniques. Just as we take a shower every day to wash the accumulation of dirt off our bodies, spiritual practices and rituals cleanse and release the spiritual attachments we pick up each day.



Bonds That Tie Us

When I was eight years old, my summer camp offered an educational project for parents to take home. That summer, they sent us home an incubator with twelve duck eggs. My mother showed me how to care for the eggs, marking down on a calendar each of the 28 days it takes for a duck egg to hatch. Every day I would tend to the eggs, rotating them under the heating lamp, waiting with awe and anticipation.

Finally, the day arrived when the baby ducks started to break through the shell. After the ducks broke free, I moved them to a new warm container with a heating lamp. There was an immediate bond between myself and the ducks. I became their father. The ducks would be gathered at that side of their box, crying for my attention. If I let them out of the box, they would follow me around the room. When I lay down on the floor with them, they would all cuddle up to me, stop crying and go to sleep. Just thinking about these childhood memories brings joy to my heart.

I felt the love from them and I genuinely loved them back. After a week, we had to take the hatchlings back to the camp and say our goodbyes. The educational project had lasting posi-

tive effects on me. I am grateful that my mother decided to give me that experience.

The moment those ducks entered the world, a bond was formed that tied us together. The same bond is experienced later in life when one becomes a parent. The new life instantly imprints on their parents, family, and caregivers. This connection that ties life together is the most important force we universally share. It is the mystical force we call love.

In our formative years, we are dependent on the love from those around us. Love is critical in our development, setting the foundation of our experiences for the rest of our lives. When a child is neglected, not loved, or nurtured, they are more likely to have lasting negative effects. A large topic of discussion is why children in these situations have shorter lives, more maladies, and a weakened immune system. Love and nurture are the determining factor that sets our path in life. The more we are loved, the stronger and more capable we are to face our future challenges in the world.

The rice experiment created by Masaru Emoto demonstrates the power of love and neglect. Emoto placed rice in three glass beakers, covering them with water. Every day for one month, Emoto directed his intentions into each glass separately. The first glass he said, "thank you". The second glass he said, "you're an idiot", and the third glass he ignored. At the end of the month, the rice that he thanked started to ferment, turning into wine. The rice he called an idiot turned black, and the rice he ignored rotted. This experiment illustrates how our intentions of love or neglect have real-life consequences. Today, many schools are assigning Emoto's experiment as homework to teach the children the power of their words and intentions.

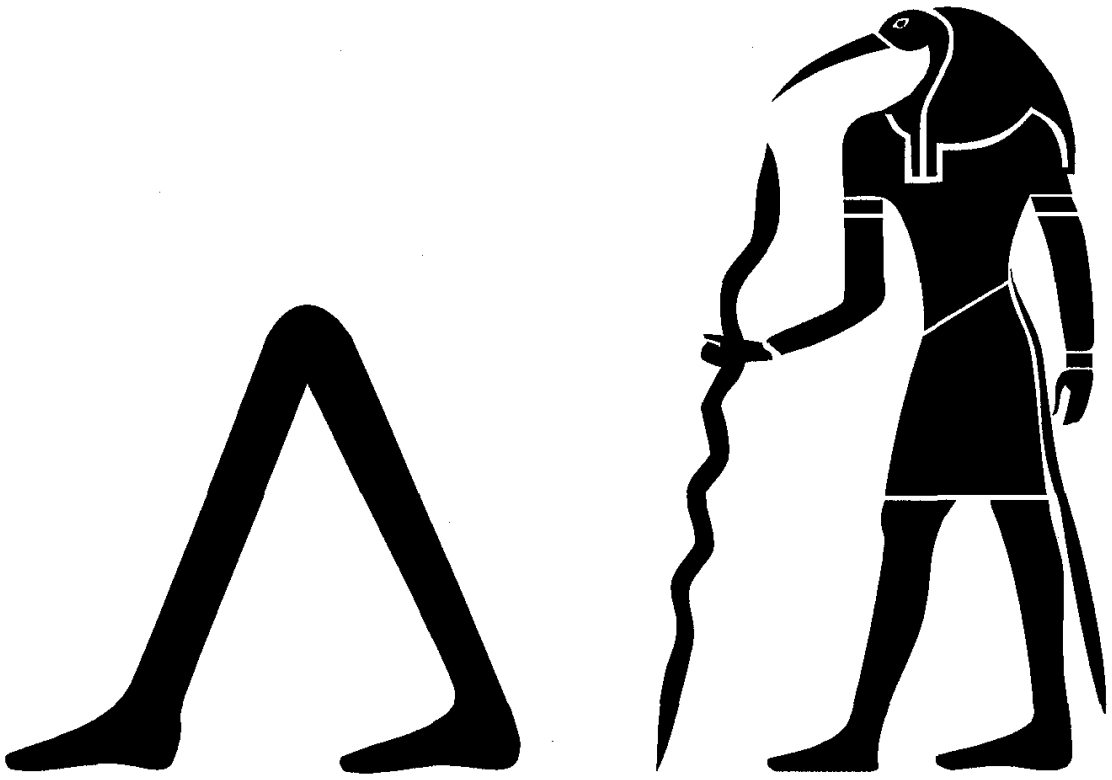
Without love, we become detached from reality, unable to fully discern right from wrong, while losing our sense of com-

passion and ability to forgive. There are generations of individuals who are completely numb to their feelings and emotions, because of the traumas they endured growing up. It is critical for us as a civilization to heal our collected wounds. Without healing, we are destined to repeat the traumas of our past.

From a shamanic perspective, what we put out into the world and what we receive is determined by the energies we carry. Every thought, memory, and emotion creates our perception of how we walk through life. The only way to change what we carry is by processing and transforming these energies in positive, healthy ways. Healing is a way of learning how to love, nurture and support yourself. Healing yourself is the first step in assisting those around you.

Finding what triggers you helps in locating your blocks. Friends and family that continually push your buttons are your greatest teachers because they are showing you what you carry and what you still need to heal. The more you heal, the fewer triggers affect you, the stronger you become in processing energy.

Many great people enter our lives, picking us up, inspiring us, and putting us on new beneficial paths. But, It is up to the individual to choose how they walk the path set out before them. Unconsciously, we carry baggage from the past, like a stone on a chain around our legs. We carry this weight for so many years that we have forgotten how much strain it puts on every aspect of our life. I am here to remind you that you can choose to sever that chain, letting go of the weight at any moment. Our past experiences shape us into the people we are today, but they do not define us. Every obstacle, challenge, and tragedy allows us to learn and grow, becoming better people. Only we have the power to choose what we carry and let go of.



Legs Of Osiris

As I walk the path of the initiate, diving deep into the Egyptian mysteries, spirituality, and postures. Thoth stepped into my life, taking on the role of my guide and initiator. Each time Thoth appeared, I knew I was about to experience a monumental shift in awareness. Many of these encounters remain shrouded in mysteries, which I have yet to fully decipher. One of the mysteries that has eluded me, had to do with the absence of Osiris's legs. This mystery has been weighing on my mind for over ten years. I have never received an answer that satisfied me.

Thoth would appear to me as a short, bald, older man with dark reddish skin. In one initiation, he took me to view the body of Osiris. As we entered the temple, Thoth began praying out loud. I could feel the sacred vibrations of his prayers reverberate through my body. To me, the prayers sounded indistinguishable from ancient Tibetan mantras. He guided me into the room where Osiris lay. In front of me was an open sarcophagus, housing the body of Osiris. Osiris had the head of a bull attached to a human body. As I examined closer, I real-

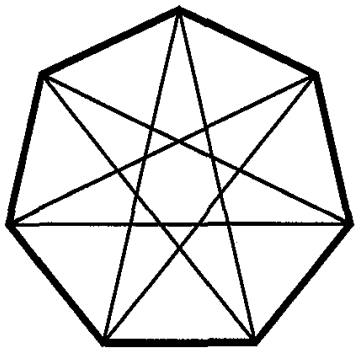
ized that his head was natural, as if he was born this way. His body, adorned with beautiful jewelry, lay motionless, perfectly preserved with no signs of death or decay.

As I was looking over the body, Thoth continued his prayers and started removing the jewelry from Osiris's body. He then placed the jewelry on me. I felt so honored and blessed, but there was something very odd that kept pulling my attention away from the ceremony. In the sarcophagus, Osiris was missing his legs from the knees down. As if they were surgically removed from his body. I knew the story of Osiris being cut into 14 pieces by Set, but this was something different. His entire body was perfectly intact, except his legs. Out of this experience, the only thing that truly stuck in my mind was the mystery of Osiris's legs.

While writing this book, the answer finally bubbled to the surface. The message is mystical, so there can be many interpretations, but I will try my best to communicate what I received.

The ritual I was initiated into by Thoth was the awakening of the soul of Osiris within me. As Osiris lays dead in the underworld, his soul walks the earth through us. We are Osiris's legs. In this sense, Osiris can walk and experience the earth as the awakened soul within us.

In death, we face Osiris in the hall of judgment, our hearts weighed on the scales of truth. At that moment, we are facing ourselves as two aspects of Osiris. The judge and the judged, judging ourselves. If our hearts are in truth, we rejoin, becoming the awakened Osiris in the afterlife. If the soul needs to continue its journey, it is sent back in the cycle of reincarnation. We are the cut pieces of Osiris, that Isis, Goddess of the earth, endlessly searches for in her sorrow. With her magic, healing and love, she brings our pieces back together to resurrect us as the awakened soul of Osiris.



SEVEN HERMETIC PRINCIPLES

Described by The Kybalion

In 1908, "*The Kybalion*" published by "*Three Initiates*" helped popularize Hermetic philosophy and theology in the twentieth century. The Kybalion guides the reader through seven principles that make up the foundational universal laws of Hermetic wisdom. The information provided in the Kybalion is said to have originated in ancient Egypt and Greece, by Hermes Trismegistus, a later embodiment of Thoth, which was passed down through the generations of secret orders.

The seven principles are Mentalism, Correspondence, Vibration, Polarity, Rhythm, Cause and Effect, and Gender. I will quote the original principles directly from the Kybalion and relate additional musings to each.

1. The Principle Of Mentalism: *"The ALL is MIND; The Universe is Mental."*

Without the mind, there is no self to experience life or knowledge of existence. Without the mind, we remain unconscious in the eternal void of nothingness. Through the mind, we sense the physical and spiritual worlds, know thyself and experience the universal laws of creation.

Ra, the self-made god, who awoke from his slumber in the infinite abyss of the primeval waters of Nun, simply by the thought of uttering his name, sparked the genesis of all creation.

Ka is directed by the focus of your mind. Wherever you place your thoughts, the energy will follow. Whatever you put your thoughts on, you are feeding. When you have too much on your mind, your energy is projected in many places, confusing your intent, making you unbalanced and scattered.

Imagine your mind like a clear pond. Every thought is the equivalent of throwing a pebble in the water. Placing one thought on the water creates a beautiful ripple that vibrates outwards through the entire pond. Imagine a chaotic mind that allows thoughts to go unchecked and run wilded. The pond would have multiple ripples crashing into each other, causing turbulence and chaos. It is harder to cultivate life force in this state of mind.

When your mind is at peace and in silence, the pond becomes like a clear mirror reflecting the heavens. In this state, your mind becomes receptive to energy. If your mind is clear and you have cultivated the power of Ka, when you place one thought in the pond, that thought will ripple into the universe with clear intention, authority, and power.

A thought held with emotion for long periods creates an energy form in the spiritual realms. The more you focus on that energy form, the more defined it becomes. With attention and intention, the thought-form takes on a life of its own in the stream of the infinite creation. This can be for our benefit or detriment, creating angels and demons capable of entering our physical, mental, emotional, and spiritual worlds. Where you place your mind's attention, you place your energy of creative power. Choose your focuses in life wisely.

2. The Principle Of Correspondence: *"As above, so below, as within, so without."*

Reality is connected, mirrored, and reflected in all systems from the macrocosm to the microcosm. All of creation is part of the same rope that ties us all together within a set of fundamental laws that govern all states, dimensions, beings, and planes of existence.

You are a reflection of the universe, made of the same elements, life force, design, and function. The mysteries of the universe can be found within you and outside of you. Everything is connected from the spinning electron to the spinning galaxy to worlds beyond our knowledge.

"As a net is made up of a series of ties, so everything in this world is connected by a series of ties. If anyone thinks that the mesh of a net is an independent, isolated thing, he is mistaken. It is called a net because it is made up of a series of interconnected meshes, and each mesh has its place and responsibility in relation to the other meshes."

- Buddha

3. The Principle Of Vibration: *"Nothing rests, everything moves, everything vibrates."*

"If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration."

- Nikola Tesla

Everything from dense matter, the mind, to the ethereal

spirit has a unique vibratory rate that sits on the dimensional scale of experience. The material universe we perceive as solid is just the illusion of vibration. Nothing is still in creation, energy is always in motion, and everything has its frequency.

Just as the scales are laid out on an instrument, the higher the note, the faster the vibratory rate. If the note reaches a high enough frequency, the sound will become inaudible and invisible to our senses. The sound shifts out of our perceptual range of experience, yet it is still present. The same nature is reflected with the physical body and spirit, they are both present, yet the vibratory rate of the spirit is out of range for what our physical senses can perceive.

When a single note on a stringed instrument is played, the frequency produced excites other strings on the instrument, creating a complex series of harmonic tones through the octaves. In this example, the one vibration became a bridge that resonated multiple frequency ranges above and below it.

A human being can also be viewed as a harp with many strings. What we carry, physically, mentally, emotionally, and spiritually, determines how those strings are tuned and what kind of vibration we send out into the universe. That unique tuning influences our path, experience, perception, in all matters of life and death. It is through the refining of our energy awe can tune our strings, creating a new song.

4. The Principle Of Polarity: *"Everything is dual, everything has poles, everything has its pair of opposites."*

Everything holds two natures within them, two sides of the same coin. Light and darkness, hot and cold, positive and negative, are all one nature that cannot be separated from one an-

other. Both polarities are needed to experience their full nature.

Like the force of a magnet, one side attracts while the other repels, depending on which pole is presented to the other. Both sides are magnetic but are the opposite extremes of the same, a push, and a pull.

In martial arts, there are two schools, hard and soft. Hard martial arts is the practice of hand-to-hand combat, strength training for defense and offense. Soft martial arts focuses on peace, breath, meditation, life force, and energy cultivation. Martial artists practice both hard and soft methods, knowing that one cannot exist without the other.

5. The Principle Of Rhythm: *"Everything flows, out and in, everything has its tides, all things rise and fall; the pendulum swing manifests in everything, the measure of the swing to the right is the measure of the swing to the left; rhythm compensates."*

Everything has its time and rhythms, cycles and seasons, ebb and flow, life and death, creation and decay.

Like a pendulum swinging back and forth, the initial force given to the pendulum in one direction will ultimately swing back in the opposite direction with the same force, decreasing in its natural rhythm over time.

Our breath and heartbeat are the perfect examples of this principle. As we breathe in, our blood is fueled with oxygen, as we breathe out we expel toxins that are no longer needed. The blood is pumped in and out of the heart to circulate the oxygenated blood to every part of the body. In a perpetual cycle of renewal and regeneration until the body ceases to be.

Under optimal conditions, we have a natural rhythm of breathing and heart rate, but under stress, that rhythm will change to

compensate and counterbalance the effects exerted onto it.

Like the waves and tide of the ocean, there exists a natural rhythm determined by the influence of the atmosphere, gravity, and natural laws. We can use these rhythms to set a course to our destination, but if we are ignorant of these rhythms, we can become caught and drown in the turbulent waters.

6. The Principle Of Cause & Effect: *"Every cause has its effect, every effect has its cause, everything happens according to law. Chance is but a name for a law not recognized; there are many planes of causation, but nothing escapes the law."*

For every cause, there is an effect, and each effect has its root cause. Nothing happens out of thin air. There is always purpose, method, and reasoning, even if it cannot be recognized.

According to Newton's third law, every action has an equal reaction. A flame under a pot of water will transform the water into steam. When placed in a freezer, the water will turn into ice. This is the action of cause and effect in its simplest terms.

But how do we as human beings not react to actions placed upon us? How do we use cause and effect to keep us balanced? If we are naked out in the cold, we can become hypothermic and die, but if we put on warm clothes and build a fire, we can negate the cause and effect of the cold.

We naturally react to the cause and effects around us. Some are easily influenced by cause and effect, while some negate or control them. Most people instantly react to outside influences, inner conflicts, and stressful life situations. We are quick on our feet, always reading our fight or flight responses.

For example, it is easy to trigger a person when you know which buttons to push. You will find most people are experts in this type of cause and effect. So how do we become less reactive

to our causes? In shamanic practice, we learn how to step outside and observe the situation utilizing our minds, reason, and logic to guide our reaction to the effect.

If you are experiencing an emotional situation, you can observe the emotion without being overcome or governed by its reactive nature. The master stands grounded, observing the cause and effect, controlling the reaction.

7. The principle of gender: *"Gender is in everything, everything has its masculine and feminine principles, gender manifests on all planes."*

Masculine and feminine principles are in all things manifest on all planes. Nothing is fully masculine or feminine but shares the elements of both natures. Gender is a manifestation of the natural laws of creation and the principle of polarities. They are the same, yet opposite equal manifestations, one cannot exist without the other.

In Egyptian religion, the gods and goddesses were seen as having both a male and female counterpart. Ra and Hathor, Shu and Tefnut, Nut and Geb, Osiris and Isis, Set and Nephthys. It was in joining together they performed their acts of creation by invoking natural laws.

THE ANOINTED ONES

Oils, Gums, Resins & Incense

In the ancient world, oils, resins, gums, and incense were worth more than their weight in gold. Their value was not just because of their pleasant smells to make perfumes or their medicinal properties to make ointments, but for their potent spiritual significance in Egyptian religion.

The Egyptian royals and priests sought out the highest quality of these exotic products from far away lands, creating trade routes that would supply their inexhaustible demand. These products would be part of everyday life, the source of their spiritual rituals, ceremonial offerings, perfumes, and medicines.

To prepare the dead for their journey to the afterlife, oils, gums, resins, and incense were used in the mummification process. The deceased body was filled with gums and resins to replace their organs, their skin continually bathed and anointed with sacred oils. When the body was finally prepared, it would be wrapped with linens soaked in thick resins, like glue to hold

the body together, intact for all eternity.

Myrrh was the main ingredient for this process along with pine and other plant materials. These ingredients contained very potent antibacterial, antimicrobial and antiseptic properties, which inhibited the body from decaying. Before this process, the bodies would be placed in sand, extracting as much water as possible. The body would be powdered with a mixture of salt and sodium bicarbonate.

Without these materials, the dead could not be preserved. The preservation of the body was of utmost importance for their religion and access to the afterlife. The process of mummification comes from the story of Isis and Osiris. Osiris was the first mummy, Isis, the first person to perform the mummification ritual, in which she resurrected her dead husband back to life. By performing the magic of resurrection through mummification, Isis was referred to as *'The Lady of Myrrh'*.

It is believed that the story of Osiris was based on a more ancient tree cult. Osiris was the embodiment of nature, the original green man, who was the god of the earth and the dead. Isis searches for Osiris's body, locating him hidden within a pillar carved from a tree. When Osiris died, the eye of Ra wept. Ra's tears manifested on earth as the gums and resins, giving the world all the necessary ingredients for resurrection. As Isis wept for the loss of her husband, her tears turned into the finest Myrrh resins.

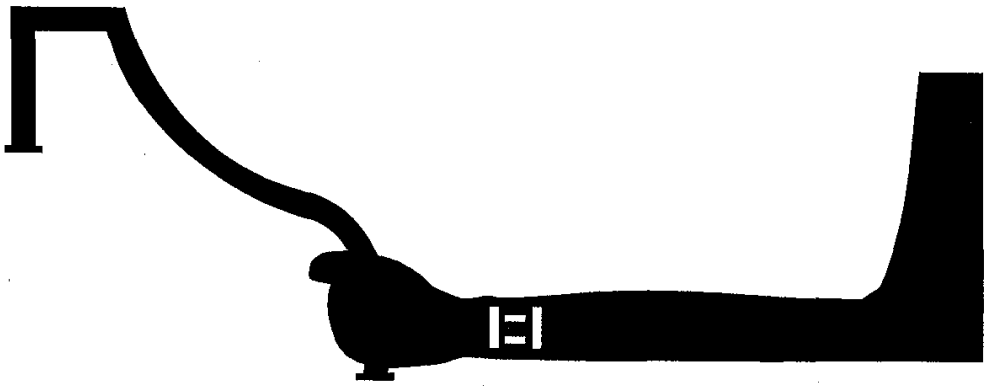
It is through the gods' bodies (*trees, shrubs, plants*), that they bestow their flesh, blood, sweat, and tears to the earth (*oils, gums, resins, and incense*). These divine manifestations gave the Egyptians the power of eternal life and the promise of resurrection in spirit.

Amun-Ra, known as *'the invisible one'* or *'the hidden one'* was linked to the odor of the incense and oils. Even though you

could not see the god, his presence is known and experienced through his smell. The temples that housed the gods were continually fumigated with the smoke of the incense. The smoke was the spirit of the god, which invoked their divine presence within the temple.

The priests would burn Frankincense in the morning, Myrrh during the day, and Kyphi at night. Kyphi was a mixture of various plants and resins that would be combined with Frankincense and Myrrh. Just as the three manifestations of Ra, Horus the child, Amun the highest, and Atum the elder, each incense honored the position and life cycle of the sun.

Anointing oils and the sacred smoke of incense were used to resurrect the spirit of the dead through the Ka statues or ritual objects. The Egyptian Book of the Dead calls this ceremony '*The opening of the mouth*'. The smoke of the incense is placed under the nose of the statue and anointing oil on the forehead. The smoke, which is the breath of life, the spirit and gift of the gods, enters the nostrils, awakening the statue. The smoke and oils imbue the object with the spiritual essence of the gods. These objects need to be continually bathed in the smoke and anointed with oil so they do not lose their smell. If the smell is not present, the essence of the god is not present. The word for incense, '*senetcher*' also translates into '*to make divine*'.



Tool used for "*Opening of the Mouth*".

To make an offering to these statues was to give life, power, and strength back to the Ka residing in that object, making it divine.

"The secretions of your bodies are yours.
I have smelled these things so the Pharaoh can live and the master of the two earths be worshiped"

"Amun-Ra, Lord of Karnak. I cast honey at you, the sweet eye of Horus, secretion from the eye of Ra, master of the offerings and provisions."

"The sweat of the god which has fallen to the ground, which he has given to all the gods."

"The incense comes, the incense comes, Come the flow from the eye of Horus...

Your resin is the resin of Horus, and mutually;
your resin is the resin of Thoth, and mutually;
your resin is the resin of Sopou, and mutually.
Your head is incensed, your double is incensed,
your divinity is incensed.
Your limbs are purified of what should not be yours, for I have given you the eye of Horus, that covers your face, and he flies towards you.
O Amun-Ra, Lord of Karnak I have cast at you the eye of Horus;
His perfume comes to you."

- Excerpts from the daily ritual at the Temple of Amun-Ra in Karnak

The smoke of the incense was the spirit of gods, the oil was the blood of gods, the resin was the flesh of gods. To anoint the body with these materials, to breathe in their sacred odors, was

to imbue the living essence of god within the holy temple of your body. In ancient Hebrew, the word '*Ruach*' means spirit, breath, and smell. Connecting the holy spirit to the sense of smell. You will know the gods and their children by their scent. In Christianity, Osmogenesia '*The Odor of Sanctity*' is a pleasant odor given off by saints in life and death. To have a pleasant odor signified purity and connection to god.

The traditions of anointing oils, gums, resins, and incense carried forward from Egypt into the biblical texts of the old and new testament. The word Christ comes from the Greek word '*Chrīstós*', which means '*the anointed one*'. In Hebrew, the word for Messiah '*Mashiach*' means '*The one that is anointed with oil*'.

Most famously, the story of the three wise men gifting the newborn baby Jesus, Frankincense, Myrrh, and Gold. Could these gifts be connected to the offerings given by the Egyptian priests to the three aspects of the sun god Ra? Ra was also known as '*The Mountain of Gold*'. Gold was considered the heavenly metal of Ra. When the prince became the Pharaoh, they were given the title '*Golden Horus*', symbolizing their kingship and connection to Ra. In Egypt, the gifts of Frankincense, Myrrh, and Gold were offerings for venerating and blessing the Sun (*Ra*).

King Seleucus II Callinicus, who ruled the ancient Greek Empire of Seleucid from 246 - 225 BCE, traveled to the Temple of Miletus to make an offering to the sun god Apollo. This offering was Frankincense, Myrrh, and Gold. The same gift was given by the three magi 243 years later.

After Rome conquered Greece around 30 BCE, the Romans slowly adopted the ancient culture and gods of the Greeks. Apollo merged with Roman sun god Sol. On December 25th, 274 AD, the cult of Sol became an official religion of the Roman Empire. In 312 AD, the Roman Emperor Constantine

adopted Christianity as the new official religion of Rome. Constantine created the Council of Nicea, to edit the biblical works of Christianity, unifying the beliefs under Roman rule and influence.

The date December 25th is a sacred marker in time when the sun is born again, ushering in the new solar year. Thousands of years before these doctrines, it was Horus, the child embodiment of Ra, representing the dawning of the morning sun and the birth of the solar year on the winter solstice. Incense of Frankincense, Myrrh, and Gold was used to evoke the holy spirit of Ra at these times. Gold represents the physical manifestation of Ra, and the incense represents his invisible spirit.

"Behold, I am about to build a house for the name of the Lord my God and dedicate it to him for the burning of incense of sweet spices before him."

- Chronicles 2:4

The sense of smell is directly linked to our limbic system, which is the seat to our memories and emotions. Located directly in front of the pineal gland, sits the olfactory system, our organ that processes smell. Our olfactory system has an array of neural receptors connected directly to the brain, which absorb and process the chemistry of the air. It is through this connection that neural pathways are mapped, connecting our memories, emotions, sexuality, and our sense of survival. To help recall memories, or to release built-up emotions, odors are the key which our brains use to unlock these hidden connections.

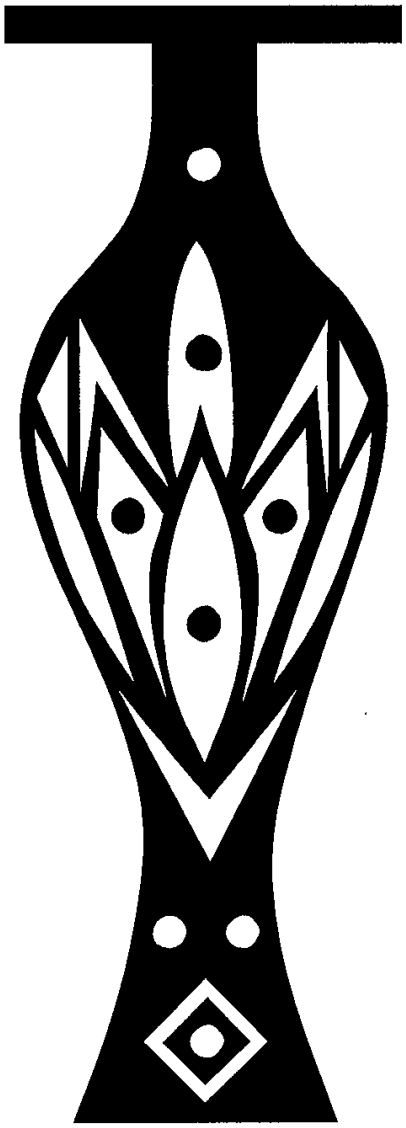
When we breathe in certain smells, from the oil or smoke from sacred plants, it can have the ability to set off a chemical reaction in the brain; changing our mood, hormones, memo-

ry, state of consciousness, and other biological functions. The same is true for smells that are dangerous to us. When we smell death, rotting food, toxic gas, or a predator, our sense of smell sends us warnings of the invisible danger lurking in our environment.

Certain anointing oils and incense used in the ancient temples were known to put the priests into an altered state of conciseness. It would bring them into a deep meditative state, where it would be easier to connect, communicate and interact with the world of the gods. Within biblical tradition, anointing one with oil was one of the most important rituals. Anointing was performed for all acts of blessings, healing, exorcisms, rituals, ceremonies, and purification.

"They cast out many demons and anointed with oil many who were sick and healed them."

- Mark 6:13



Anointing Oils

Here are the top ten most used resins and oils from ancient Egypt to biblical traditions.

Essential oils are potent and should always be used with caution. Avoid direct contact with any sensitive areas, such as eyes and ears. It is very important to only use *'Therapeutic Grade'* essential oils, fragrance grades may have poor quality and added chemicals. Use essential oils at your own risk!

For further inquiry of Essential Oils, please look at the "*Essential Oil Desk Reference*" compiled by Essential Science Publishing. For a detailed guide of the biblical history of holy anointing oils, please look at "*Healing Oils of the Bible*" by Dr. David Stewart.

Balsam Fir

Balsam Fir was an esteemed cure-all in ancient Egypt, known as the Balsam of Matariyya in medieval Europe.

The resin could be burned as incense and the extracted oil was used topically and internally.

Spiritually, the essence of Balsam Fir enhances and shields your energy fields from negative influences. Helpful when traveling to new places and meeting new people.

When diffused in a space, Balsam Fir will release lower energies and enhance the connection to the earth.

According to the Essential Oil Desk Reference:

The known medical properties are an anticoagulant and anti-inflammatory.
Used for throat, lungs, and sinuses.

The fragrance of Balsam Fir assists in grounding, relaxing the body, and stimulating the mind.

Cassia

Mentioned in the Ebers Papyrus, one of the oldest medical texts known. Cassia comes from the cinnamon family and tastes like cinnamon heart candy.

Recent studies have been published finding that Cassia has high antioxidant and neuroprotective properties.

According to the Essential Oil Desk Reference:

The known medical properties are anti-inflammatory, COX 2 inhibitor, anti-fungal, antibacterial, antiviral and anticoagulant.

Used for fungal infections.

Because of Cassia's spicy nature, it could irritate the skin, eyes, and sinuses.

Cedar

Cedar was sacred to the Egyptians and used in the mummification process. In Leviticus 14:17, the priest is told to place the oil of Cedar and hyssop on the tip of his right ear, the thumb of the right hand, and the big toe on the right foot. This was done to release him from guilt.

Spiritually, Cedar is best to be burnt or diffused to create and hold sacred space. Cedar is also used to dispel guilt, aggression, and anger.

According to the Essential Oil Desk Reference:

The known medical properties are to help hair loss, antibacterial, and a lymphatic stimulant.

Used for Hair loss, arteriosclerosis, and skin problems.

The fragrance of Cedar stimulates the limbic region of the brain, which is the center of our emotions. Cedar is prized for its calming and purifying properties.

Frankincense

The word Frankincense translates to '*real incense*' and is considered the holy anointing oil dating back to the Egyptians. The oil was worth more than gold and was sought after by the elite of the society. Frankincense was known as the cure-all. In the new testament, Frankincense was used for all purposes of blessings, anointing the sick and healing them.

Spiritually, Frankincense is the oil of spiritual awareness,

which opens up and enhances the connection to your spiritual nature. As an anointing oil, it was placed on the forehead for blessings. Helping to calm the mind from unwanted thoughts, reconnecting the mind to the body.

Egyptian priests would use their baby finger on their left hand to anoint the forehead. The baby finger is connected to the heart meridian and the element of water. They would draw a circle, a cross, a line, or an infinite eight pattern on the forehead with the holy anointing oil.

According to the Essential Oil Desk Reference:

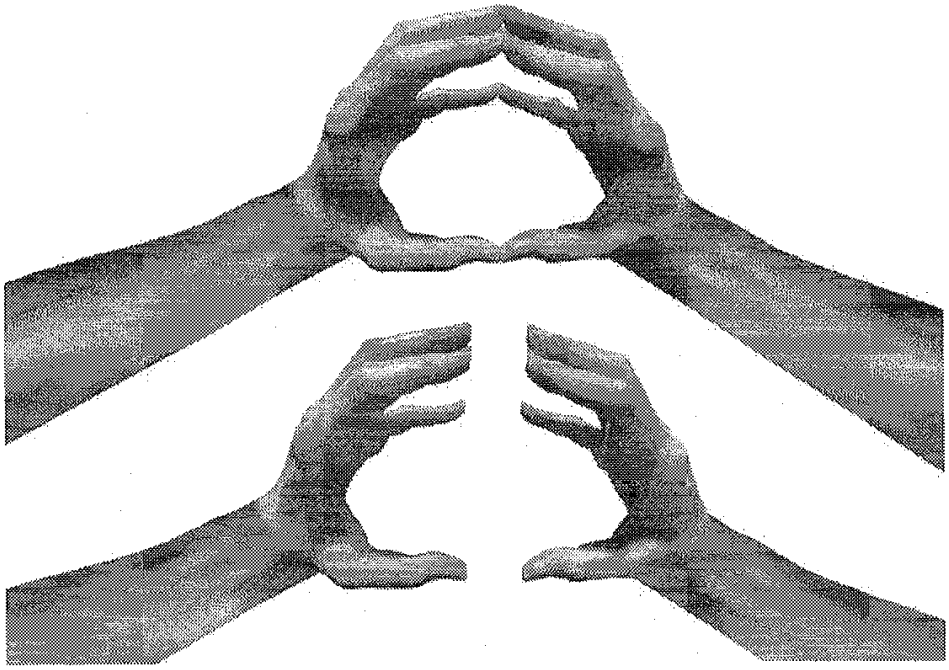
The known medical properties are antitumoral, immune-stimulant, antidepressant, and muscle relaxing.

Used for depression, cancer, respiratory infections, inflammation, and immune stimulation.

The fragrance of Frankincense increases spiritual awareness, meditation, relaxes the mind, body and uplifts the spirit.

Galbanum

Galbanum has a very rich earthy odor. Spiritually, Galbanum is used for grounding, breaking down energetic blocks around the feet. Placed on the feet, it opens the chakras and channels to connect with the energies of the earth.



Turning the Frog Meditation:

Place a very small amount of Galbanum on the feet and fingertips of the hand. Touch the fingertips of your right hand to the fingertips of your left hand, pulsing them open and closed with your breath. Make sure your feet are touching the ground during this meditation. This mediation opens up the channels, clearing unwanted thoughts around the third eye. When combined with the mantra "*OH-SAY-NO*", it brings your physical body into a deep state of relaxation.

According to the Essential Oil Desk Reference:

The known medical properties are antiseptic, analgesic, anti-inflammatory, and circulatory stimulant.

Used for digestion issues, stress, and skin conditions.

The fragrance amplifies spiritual awareness and meditation. Bringing balance to the mind and body.

Hyssop

Hyssop and Cedar were used together in ancient times to ward off negative energy and disease. In Exodus, god commands Moses to strike the doorways with Hyssop branches dipped in lamb's blood. By doing so, those families would be spared from the plague.

Spiritually, Hyssop can be diffused in healing rooms, enhancing the healing energy and attracting spirit guides to assist.

Hyssop is connected to the moon and the cycles of time. On the new moon and full moon, the priests would place a small amount of Hyssop on the inside of their elbows and behind their knees. This would sync their energies to the natural cycles and the cosmic forces of the earth and heavens. This was only applied twice a month.

According to the Essential Oil Desk Reference:

The known medical properties are decongestant, anti-inflammatory, antiviral, antibacterial, and antiparasitic.

Used for respiratory infections, decongestants, and viral infections.

The fragrance amplifies creativity and enhances meditation.

Myrrh

One of the most widely used oils in ancient Egypt was the most important ingredient for mummification. Myrrh is the oil of Isis, the oil of enlightenment, life, magic, and resurrection.

Spiritually, Myrrh brings balance and alignment to all the energies of the body. Place a small amount of oil in your hands and rub your hands together. Hold your hands under your nose to breathe in the scent. Raise your hands over your crown chakra, then slowly descend your hands down to your root chakra. This will infuse the energies of balance within your energy fields. This is beneficial with added to the end of the Egyptian Postures and amplified with the mantra "OM".

According to the Essential Oil Desk Reference:

The known medical properties of Myrrh are antioxidant, antitumoral, anti-inflammatory, antiviral, anti-parasitic, analgesic and anesthetic.

Used for diabetes, cancer, hepatitis, fungal infections, and skin conditions.

The fragrance promotes spiritual awareness, meditation, bringing the mind and body into balance.

Myrtle

Myrtle is beneficial for those with too much on their minds and heavy emotions. Placing a small amount of Myrtle on the tips of the index fingers and thumbs, holding them together in the Cradle of Life Mudra. (*Thumbs touching the tip of your nose and the index fingers touching the third eye.*) This helps dispel the energy built up around your mind.

Myrtle is also used as a protective shield of negative energies when placed on the body. When combined with Frankin-

cense and cedar, either in oil, diffused with water, or burned as incense, will cleanse heavy energies and entities, creating a sacred space.

According to the Essential Oil Desk Reference:

The known medical properties are anti-mutagenic, liver stimulant, prostate and thyroid stimulant, decongestant, and antispasmodic.

Used for Thyroids issues, decongestants, muscle spasms, and skin conditions.

The fragrance helps elevate the spirit.

Sandalwood

Sandalwood was burned or diffused to purify sacred spaces. Spiritually, when placed on the third eye and shoulders, opens the energy flow of the body connecting to the earth. The fragrance of Sandalwood is also used as an aphrodisiac. Com-

bining the odor or oil of Sandalwood with the Mantra "*TOO-LING*" amplifies its effect.

According to the Essential Oil Desk Reference:

The known medical properties are antitumoral, antiviral, and immune stimulant.

Used for cancer, viral infections, and skin conditions.

The fragrance enhances deep sleep and meditation.

Spikenard

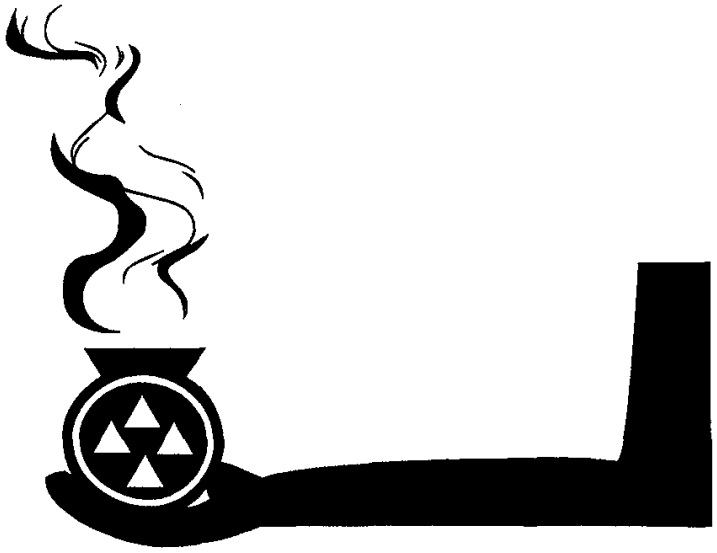
Spikenard was burned or diffused by the priests during ceremonies and meditations to enhance clairvoyance and shamanic journeying. When placed on the palms of the hands in combination with the Solar Ball Posture, Spikenard will strengthen and purify the energies of the body. This was done before healing practices.

According to the Essential Oil Desk Reference:

The known medical properties are antibacterial, antifungal, anti-inflammatory, relaxant, and immune stimulant.

Used for insomnia, menstrual issues, and stress.

The fragrance enhances relaxation and meditation.



SACRED SMUDGES

A smudge is an incense that is burned in rituals, ceremonies and purifications; where sacred plants are burned within a vessel, releasing the smoke into the environment.

Sacred plants used for smudging in North America are:

Sage
Cedar
Sweetgrass
Tobacco

In Egypt, the resins used for smudging were:

Frankincense
Myrrh
Cedar
Pine
Balsam

In South America, Palo Santo wood is burned along with tobacco. Any of these products can be used individually or in combination to created a smudge mix.

Heavy Duty Smudge Mix:

In an iron vessel (*skillet, pot, incense burner*) place:

1. A thin layer of 100% natural sea salt
2. Cedar
3. Sweetgrass
4. Sage
5. Tobacco

Light the material with a match, then blow out the fire to get the smoke to rise.

Use a feather or your breath to keep the embers burning.

Move the smoke over yourself or through the environment you want to be blessed and cleansed.

Place your prayers and intentions into the ritual for best results.

Heavy Duty Smudge Mist:

If you do not like the smell of smoke, there is an alternative that works exactly the same. For this you will need a glass spray bottle with a mister head.

1. Fill the bottle with pure water and add a pinch of natural sea salt.

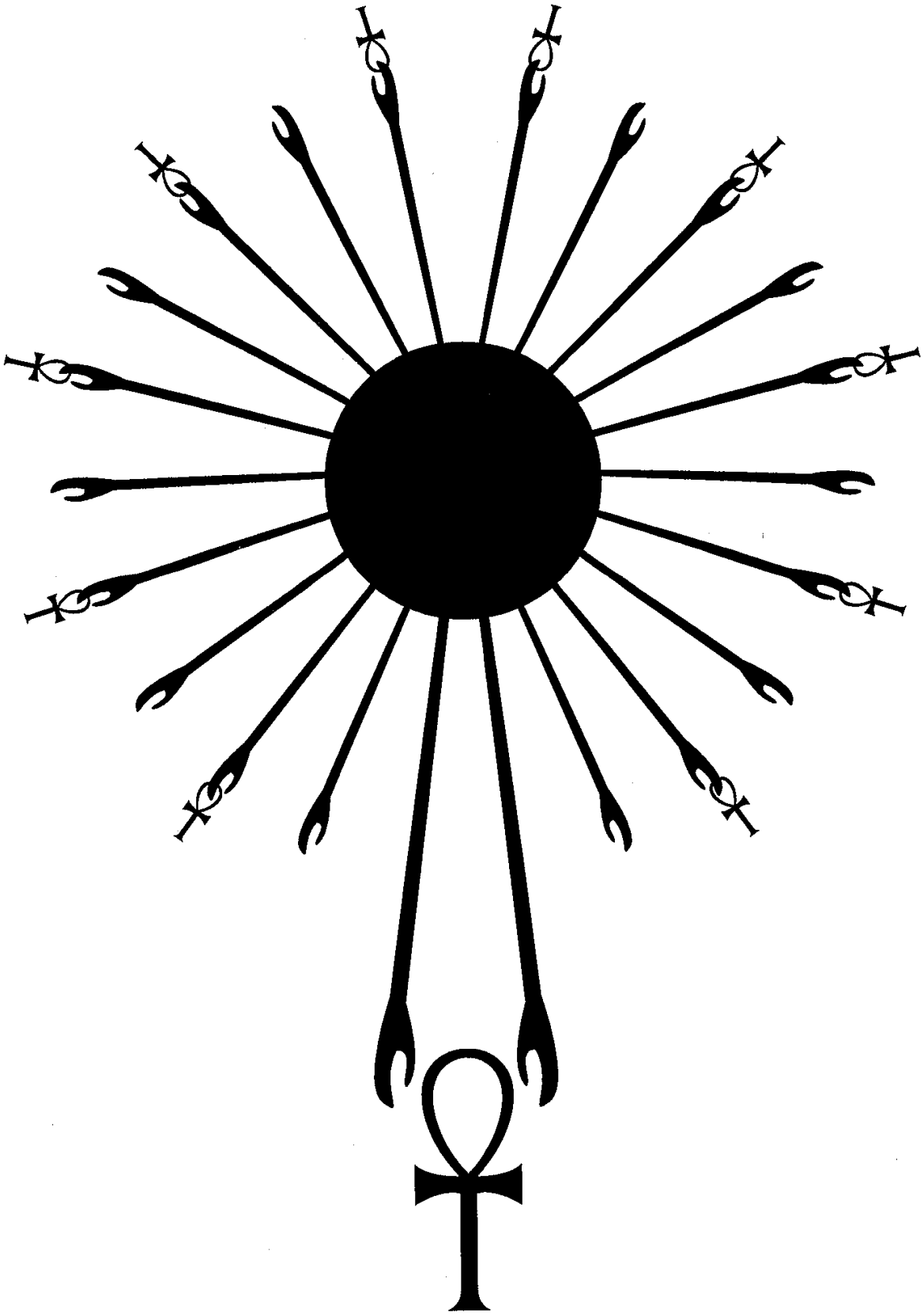
2. Place drops of 100% pure essential oils. (*Therapeutic grade works the best.*)

5 drops Ceder
5 drops Balsam
3 drops Hyssop
5 drops Frankensense
4 drops Palo Santo *(Optional)*

Shake the bottle before each use. Spray the fine mist into the environment you want to be blessed and cleansed.

Place your prayers and intentions into the ritual for best results.

Caution: Do not spray pure essential oils onto any sensitive areas of the body. Keep away from eyes. Essential oils are potent and should be used responsibly.



MEDITATIONS

Learning To Breathe

In November 2017, I had an accidental fall which resulted in a spinal fracture focused around my T7 vertebrae. I was rushed into emergency surgery knowing that I could be paralyzed for the rest of my life. To mend my spine, the surgeons placed two titanium rods and ten screws from my T5-T9 vertebrae. I am blessed today that I can say I have made a full recovery, thanks to all the support from the trauma doctors, my family, and my wife who cared for me.

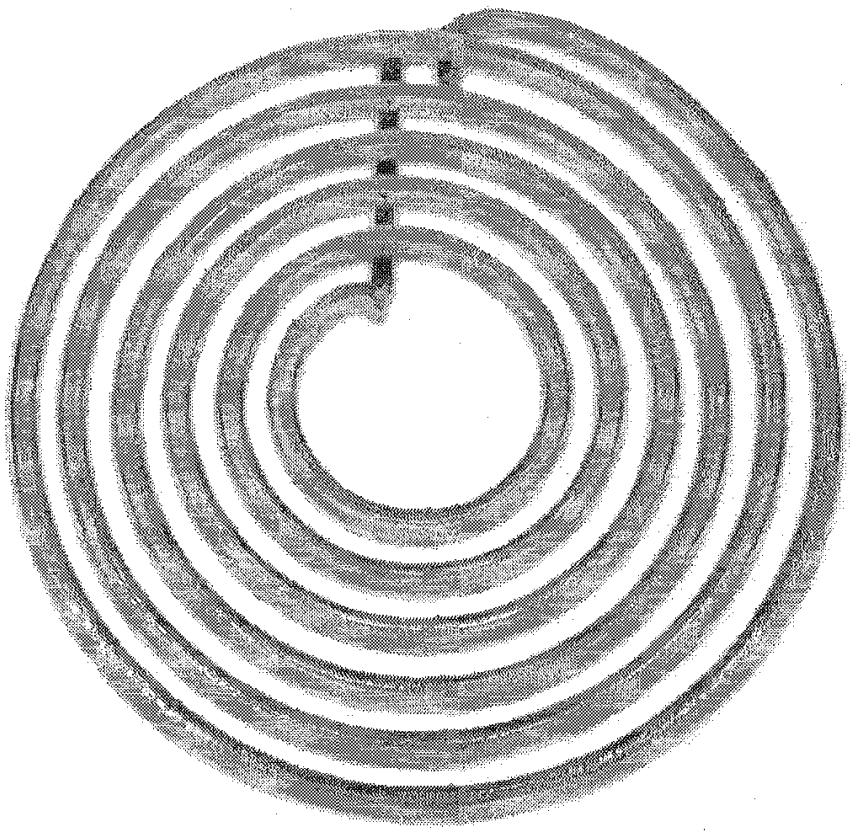
Up to that point, I had been actively practicing Qi Gong and studying many other modalities of energy medicine. I was accustomed to using Qi Gong postures, movements, and meditations as my go-to energy healing protocol, but now I was in a hospital bed in extreme pain, unable to move my body or stand in meditation. The only energy cultivation tools I had access to

in this situation were my mind and breath.

In difficult situations, your mind can be your greatest ally or your worst enemy, so I knew that my first step in recovery was to set realistic goals, visualizing positive outcomes. My wife wrote a positive mantra on the whiteboard in the hospital room, which said, "*I get stronger every day.*" I meditated on those words every time I opened my eyes. The doctors predicted it would take up to 3-6 months from surgery to recover, but it could take a year or two to get back to normal life. With this information in mind, I was focused on making a full recovery in record time.

Since I could not move, my only option was to focus my time on breathing meditations. In this method, I would take slow conscious breaths through my nose, down into the center of my stomach. As I breathe the air into my body, my mind follows the path in which the air flows, as if my mind and the air become one living entity. As the air fills my body, my stomach slowly expands. As I exhale, my mind follows my exhaled breath out of my body, at the same time my stomach deflates.

In this exercise, the mind is focused on an area deep within the stomach, just behind and below the belly button. This location is known in Qi Gong as the '*Dantain*', which translates to '*elixir field*' or '*sea of Qi*'. The Dantain is the focal point in these mediations because it is the main energy center of the body where Qi is cultivated and stored. When you practice this meditative breathing, you will start to experience warmth being generated in and around your stomach. Using your mind and breath, you can send this generated warmth (*Qi*) to other areas of your body that need attention. In my case, I would send this warmth to my spine.



The Heating Element

During one of these breathing meditations in the hospital, I entered into an altered state. In this state, a copper-like coil came into my visual field of experience. With each breath, I observed a translucent field inching closer to this coil. When the field finally made contact with the coil, the coil lit up like a heating element on a stove, which turned bright orange. At that moment it felt as if my body exploded and transformed into a raging burning fire.

Without hesitation, I focused my mind on my injured spine. My pain level went from a 7 to a 10, as I felt my back start to go into intense spasms. It felt as if the muscles were unwinding themselves, I could feel movement in my spine accompanied by pops and cracks as if the bones were moving into a different position. The pain and burning sensation through my body was

indescribable. It was as if I had activated a dormant mechanism for healing through the breathing meditations. After this event, I started to recover rapidly.

The other method I used while I could not move, was practicing the Egyptian Postures using only my mind. I would visualize myself on the beach acting out each posture with intense focus as if I was physically really there to experience it. At times I could feel the wind and the mist of the ocean touching my skin. I could hear the waves crashing and felt the sand on my feet. As I followed the movements within my mind, I started to feel the Qi flow through my body. I was amazed that even in my condition, I was able to cultivate energy with just my mind and my breath. This was a powerful shift in my perspective as I witnessed firsthand what could be accomplished with just the mind and breathwork.

The accident occurred a week before I was scheduled to teach The Egyptian Postures in Japan. Knowing that I had missed that opportunity, my new goal was to be in a healed physical condition where I was capable of going back to Japan to teach again. Exactly 3 months after surgery I accomplished that goal. We all have an inherent natural ability to heal ourselves. We do not need to tell our body how to heal a wound or activate our immune system, our body is designed to have a natural response to regeneration and fighting disease. I believe that our human spirit, will, knowledge, and determination can boost this natural ability in our times of need.

Full Body Breathing Meditation
Filling The Dantian

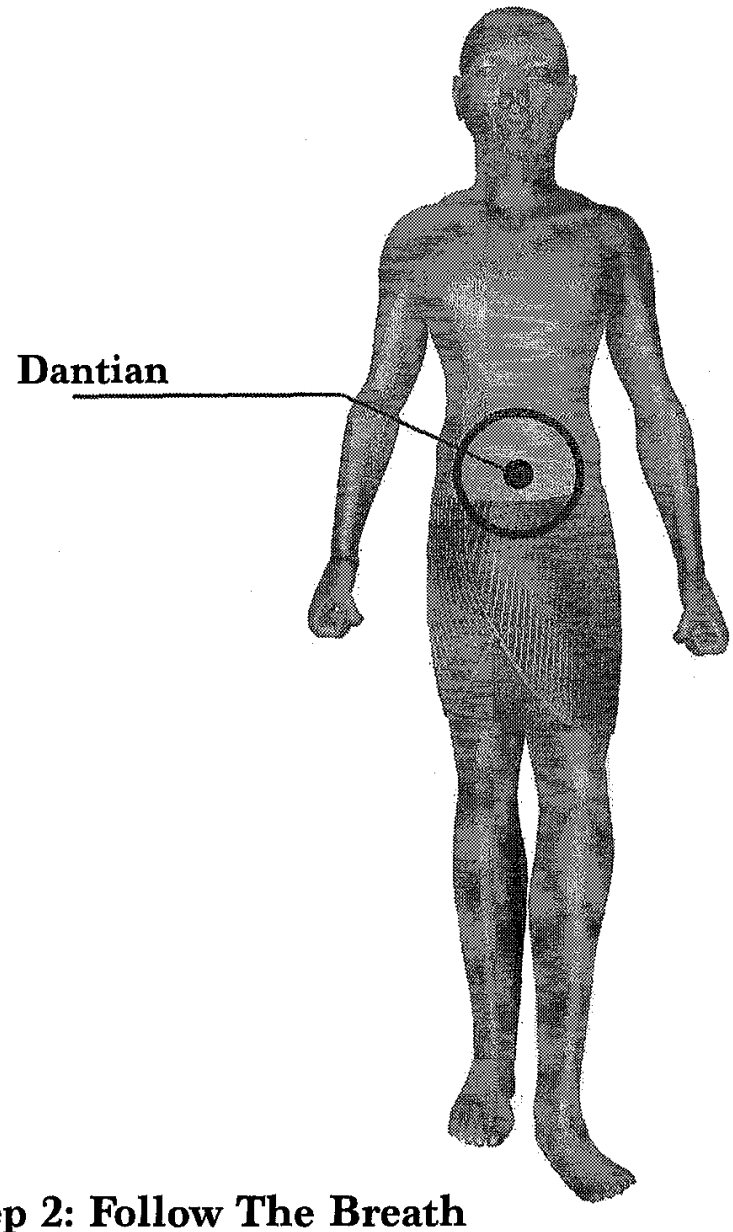
All life starts and ends with a breath. Breath is life, and how we breathe determines our states of consciousness; regulating our nervous system, heart rate, heightening or lowering our senses, controlling our pain, and healing. Learning how to breathe is the foundation of all energy practices and meditation.

The air we breathe not only contains the oxygen we need to survive, but it also holds Ka, life force energy. When we focus our mind on our breath, we enhance the absorption and connection to the Ka force throughout our body. The most potent place to focus the breath is called the Dantain, which is located in the center of the stomach, just below the belly button. This area of the body can store life force energy, which can then be accessed when it is needed.

When energy starts to build within the Dantain, practitioners describe a warmth that starts to radiate from within the stomach, expanding slowly through the rest of the body. This is also the process of awakening the Kundalini energy. As you build the energy in the pit of your stomach, your kundalini starts to awaken, expanding and ascending the column of the spine.

Step 1: Connect To The Breath

> In a comfortable position, close your eyes, focusing your attention on the air you are breathing. Breath in through your nostrils and exhale through your nostrils at your own natural rhythm. *(If you cannot use your nose to breathe, then continue this practice through your mouth.)*



Step 2: Follow The Breath

As the air enters your body, follow the path of the breath with your mind. Feel the fresh air entering and expanding your lungs, feeding all your cells with fresh oxygen and life force energy. Follow the path of the air through your body as you naturally exhale.

Step 3: Enter Full Body Breathing - Dantian

As you inhale, bring your focus deep within your stomach, in the area of the Dantian. With each breath, your stomach

gently expands outwards.

Hold the breath naturally, with the stomach still expanded.

As you exhale, the stomach naturally contracts back to normal. Follow the breath out of your body, releasing old and toxic energies.

Hold the absence of breath naturally. Then repeat the breathing cycle.

To enhance this breathing meditation, you can place your right hand over your sacral chakra and your left hand on your solar plexus chakra.

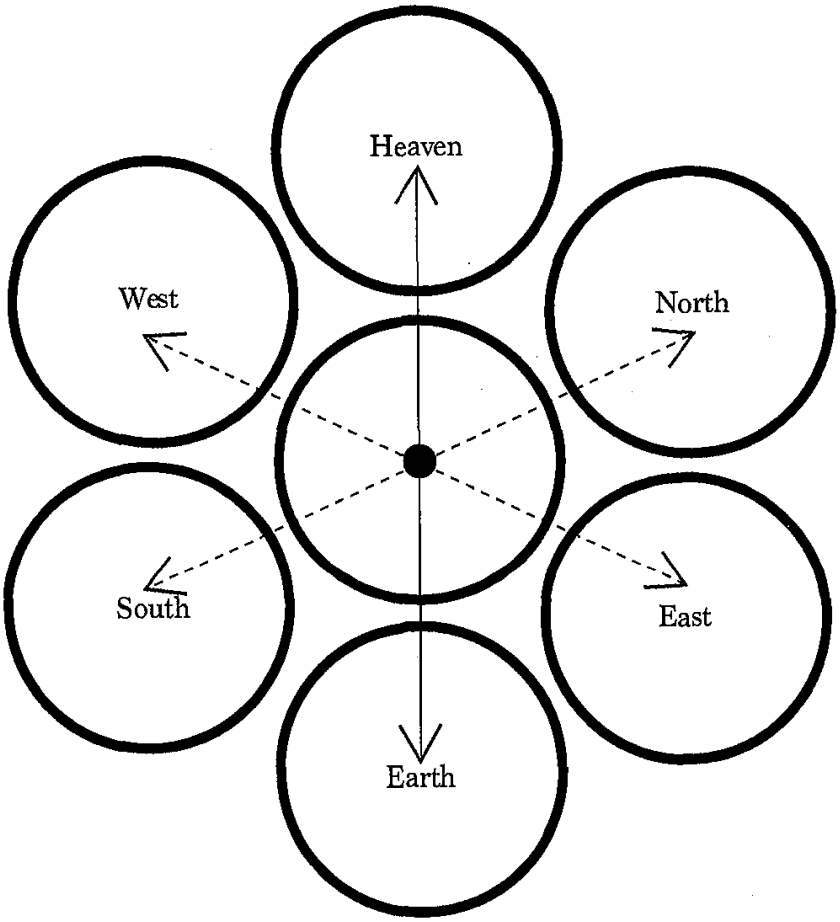
Do not try to force the timing of the cycle of breathing. Let your body naturally find its rhythm. The slower the breathing, the more relaxed the body will become and the easier it will be to cultivate energy.

Step 4: Sending The Energy *(optional)*

When you feel you have generated a sufficient amount of Ka energy within your Dantian, you can move that energy to where it is needed most.

To do this, simply change your focus to the area that needs the attention, while continuing to do the full-body breathing.

You can also place both hands on top of that area, the left hand over the right.



CALLING IN THE SEVEN DIRECTIONS

Calling in the directions to create sacred space is an ancient ritual dating back to the earliest known shamanic cultures. The directions relating to gods or worship can be found in every culture. In ancient Egypt, Horus's four sons represented the gods of each direction. In Hinduism, eight deities make up their sacred directions. The ancient Chinese represented the directions as the four gods in animal forms.

Each direction had a purpose, a totem, a mystical and spiritual principle. To this day many religions still pray and do rituals while facing a specific direction. Even though the meanings of each direction vary from culture to culture, the fundamental philosophy is universal.

The Native American cultures depict the directions as a medicine wheel, which represents the elements, seasons, stages of life, sacred animals, and sacred plants.

North: Air - Night - Mental - Winter - Elders - Cedar

The North is the place of the ancestors, protection, wisdom, eternity, coldness.

East: Fire - Dawn - Spiritual - Spring - Children - Tobacco

The East is where the sun rises, the symbol of life, light, rebirth, divinity, kingship, healing.

South: Water - Day - Emotional - Summer - Youth - Sweetgrass

The South is the place of growth, fertility, abundance, movement, happiness

West: Earth - Dusk - Physical - Fall - Adult - Sage

The West is where the sun sets, the symbol of completion, death, afterlife, darkness.

Earth: Below our feet - rooting us in physical creation - time and space

Sky: Above our head - universal consciousness - infinite - spiritual realms

Centre: Our heart - The center of our universe which anchors and holds all directions

It is recommended to call in the directions before entering into spiritual practice. By doing so, you are creating a sacred

space within yourself and your environment that will be conducive for spiritual or healing work.

To call in all directions is to center yourself within time and space, grounding you to the present moment, setting up a boundary of protection, and connecting with the energies of creation.

Calling In The 7 Directions Meditation:

In a standing posture, bring your arms up squared with your chest, hands open facing forward. Left foot forward.

(This exercise can also be done with just visualization or as a prayer within your mind.)

It is recommended that you create your intentions for each direction.

Face the East: *"I call on and connect to the sacred energies of the East..."*

As you are facing the East, project your mind infinitely expanding into that direction. At the same time focus on your breath, body, and palms of your hands, which are facing in that direction.

You may feel sensations or a bubble-like magnetic field subtly touching the palms of your hands. This is a sign that you have connected to this direction. Hold this posture for three full breaths. Then turn to the right in a clockwise progression to the South.

Face the South: *"I call on and connect to the sacred energies of the South..."*

As you are facing the South, project your mind infinitely expanding into that direction. At the same time focus on your breath, body, and palms of your hands which are facing that direction. Hold this posture for three full breaths. Then turn to the right in a clockwise progression to the West.

Face the West: *"I call on and connect to the sacred energies of the West..."*

As you are facing the West, project your mind infinitely expanding into that direction. At the same time focus on your breath, body, and palms of your hands, which are facing that direction. Hold this posture for three full breaths. Then turn to the right in a clockwise progression to the North.

Face the North: *"I call on and connect to the sacred energies of the North..."*

As you are facing the North, project your mind infinitely expanding into that direction. At the same time focus on your breath, body, and palms of your hands, which are facing that direction.

Standing in the same spot facing north, slowly drop your hands down to the side of your body, palms facing the earth.

Hands facing the Earth: *"I call on and connect to the sacred energies of the Earth..."*

Bring your left foot back to be squared with your right. As your hands are facing the Earth, project your mind into the Earth's core. At the same time focus on your breath, body, feet, and palms of your hands, which are facing that direction. Hold this posture for three full breaths.

Slowly raise your hands back to heart level with your palms facing the sky.

Hands facing the Sky: *"I call on and connect to the sacred energies of the Sky..."*

As your hands are facing the Sky, project your mind infinitely into Space. At the same time focus on your breath, body, top of the head, and palms of your hands, which are facing that direction. Hold this posture for three full breaths.

Slowly turn your palms so that they now face your heart.

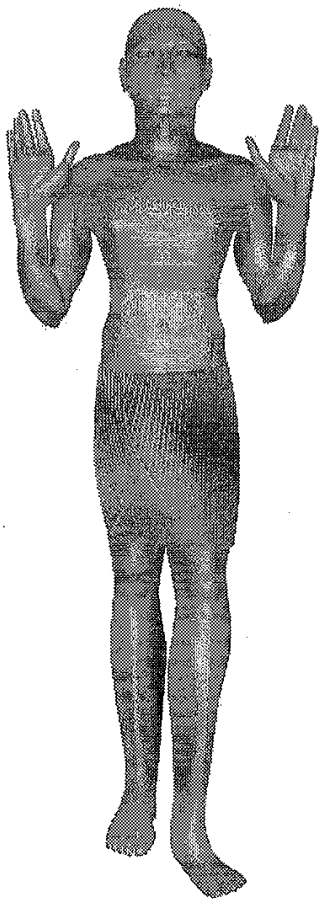
Hands facing the Heart: *"I connect all the directions of creation within my heart, the center of my universe..."*

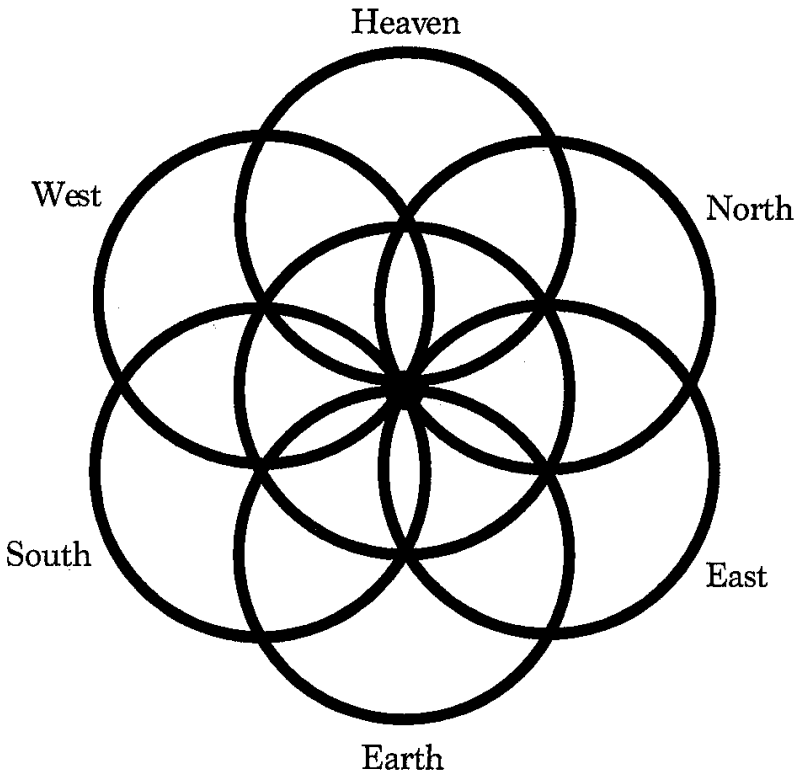
As your hands are facing your Heart, bring your mind into your heart, feel the warmth and presence of all of the space within and around you. At the same time focus on your breath, body, and palms of your hands, which are facing inwardly. Hold this posture for three full breaths.

Slowly bring your palms together in the prayer Mudra over your heart to conclude the calling in of the 7 directions meditation.

As we face and call in each direction, we honor all paths and principles in the circle of life experiences. To amplify this meditation, one can create a medicine wheel that honors each direction. Traditionally stones or crystals are placed in a circle on the earth. The most basic medicine wheel consists of five stones, four stones in a circle to represent each direction, and one stone in the center, anchoring the vortex of creation.

To stand at the center of the circle is to stand in your power and the power of creation. The circle around you represents the infinite and the elements of creation. The sacred circle you create sets up a safe space where you can ground, connect and expand your energy. The circle also represents a boundary line in which nothing uninvited can enter or influence.





PILLAR OF SHU

Connecting Heaven & Earth Meditation

The Pillar of Shu strengthens our bond to the energies of the Earth and Sky. Creating a bridge within the body that opens the pathways for circulating and anchors the divine polarities within the heart. These postures are used for grounding, expanding, and strengthening our union with the natural forces around us.

Step 1: In a standing posture, feet together with your hands by your side.

Begin your full-body breathing practice and connect with the sensations of your body. Feel your body relax as the natural weight of gravity anchors you in this position.

Step 2: Bring your attention to your hands and fingers. Notice the magnetic pull the earth has on your hands and fingers. Slowly feel and visualize your hands and fingers being gently pulled deep within the earth as if your fingers are becoming roots.

Step 3: Bring your attention to the soles of your feet. Notice the magnetic pull the earth has on your feet. Slowly feel and visualize your feet being gently pulled deep within the earth as if your feet are becoming roots.

Step 4: Rotate your palms at your sides, so they are facing forward. Very slowly bring your arm up, bending at the elbow. Imagine you are lifting the magnetic field off the

ground. As your hands near your heart, place your hands together in prayer posture over your heart. This connects and anchors the earth's energy field into your heart.

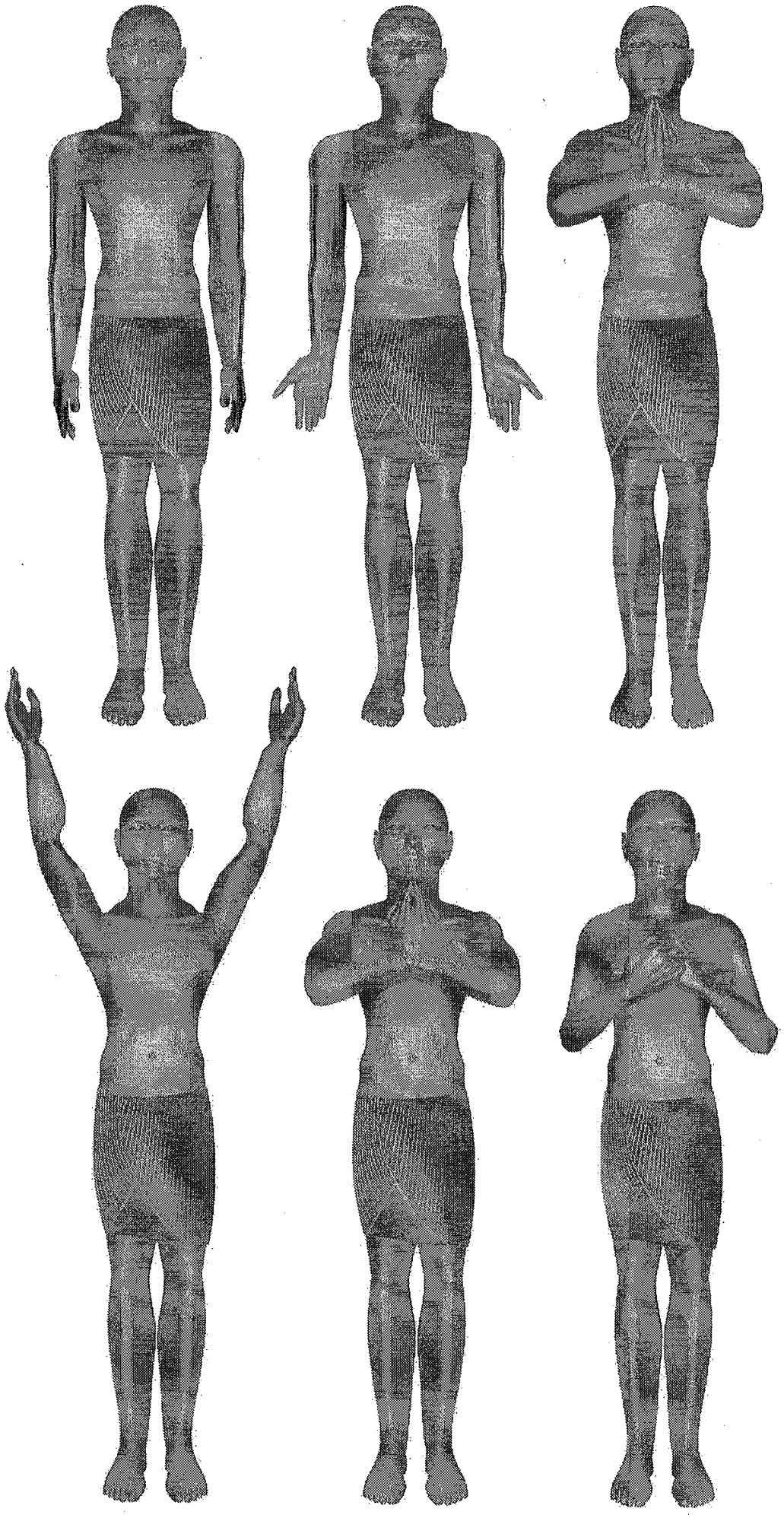
Take three breaths.

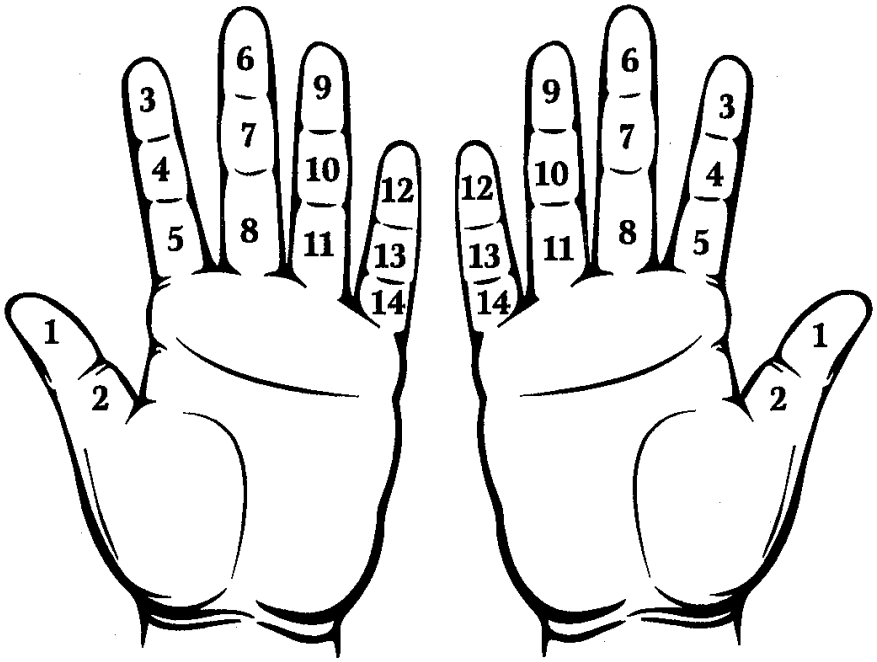
Step 5: Slowly raise your arms, over your head, separating your hands out of the prayer posture. Your hands are now facing each other, fingers pointing to the sky. Feel and imagine the electricity from the sky descending through your hands and arms. Rotate your palms to face behind you, then slowly bring down the energies from the sky through the front of your body. As your hands near your heart, place your hands together in prayer posture over your heart. This connects and anchors the skies' energy field into your heart.

Take three breaths.

Step 6: Place hands in fists over the heart to seal the energy within the heart chakra.

Take three breaths and feel the rootedness and flow through your body.





Hand Mudras

Placing our hands and fingers in specific gestures, communicates a message to the intelligence of the body, mind and soul. The six channels of the meridian system start and end in your hands. We can stimulate, direct and release the energies from our organs, mental, emotional and spiritual bodies, by accessing the meridians of the hands. Meditating while holding a Mudra (*hand gesture*) directs the flow of energy for an intended purpose.

In Vedic traditions, each finger was represented by one of the five elements.

Thumb: Fire
Index: Air
Middle: Spirit/Space
Ring: Earth
Baby: Water

The fire element of the thumb is the activating principle of the entire hand. When connecting the fire element to the other elements, you are amplifying, releasing and balancing the other elements.

For example, when you place your thumb and index finger together, you bring the elements of fire and air together. Air feeds fire, creating heat and energy. But too much fire is not good for someone who has too much heat. In this case, joining the thumb with the ring or baby finger can cool them down and release the excess heat.

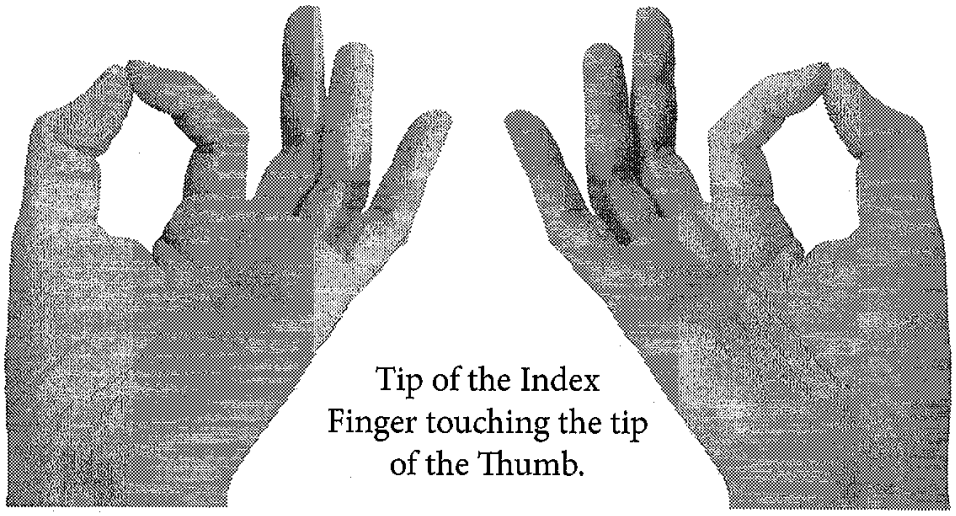
Our hands are made up of six parts; four fingers, one thumb joined by our palm. Our fingers are divided in three parts and our thumb is divided by two parts, equaling fourteen. (*Osiris was cut into 14 pieces, then reassembled by and resurrected by Isis.*) Each part of our fingers (*14*) connects to a different energetic system. By touching the tip of our thumb to each division on our fingers, we are reconnecting, directing and stimulating the energetic flow through each system.

14 Cuts Mudra Meditation

Step 1: In a comfortable position, begin the full body breathing meditation.

Step 2: Using both hands in unison, place the tip of your thumb to the tip of your index finger. Hold for three complete breaths or until you feel a pulse or heat.

Move the thumb down onto the middle division of the index finger. Hold for three complete breaths or until you feel a pulse or heat.



Move the thumb down onto the bottom division of the index finger. Hold for three complete breaths or until you feel a pulse or heat.

When complete, hold the index finger under the thumb. Hold for three breaths.

Step 3: Place the tip of your thumb to the tip of your middle finger. Hold for three complete breaths or until you feel a pulse or heat.

Move the thumb down onto the middle division of the middle finger. Hold for three complete breaths or until you feel a pulse or heat.

Move the thumb down onto the bottom division of the middle finger. Hold for three complete breaths or until you feel a pulse or heat.

When complete, hold the middle finger under the thumb. Hold for three breaths.

Step 4: Place the tip of your thumb to the tip of your ring

Hold the Index Finger
under the Thumb.

finger. Hold for three complete breaths or until you feel a pulse or heat.

Move the thumb down onto the middle division of the ring finger. Hold for three complete breaths or until you feel a pulse or heat.

Move the thumb down onto the bottom division of the ring finger. Hold for three complete breaths or until you feel a pulse or heat.

When complete, hold the ring finger under the thumb. Hold for three breaths.

Step 5: Place the tip of your thumb to the tip of your baby finger. Hold for three complete breaths or until you feel a pulse or heat.

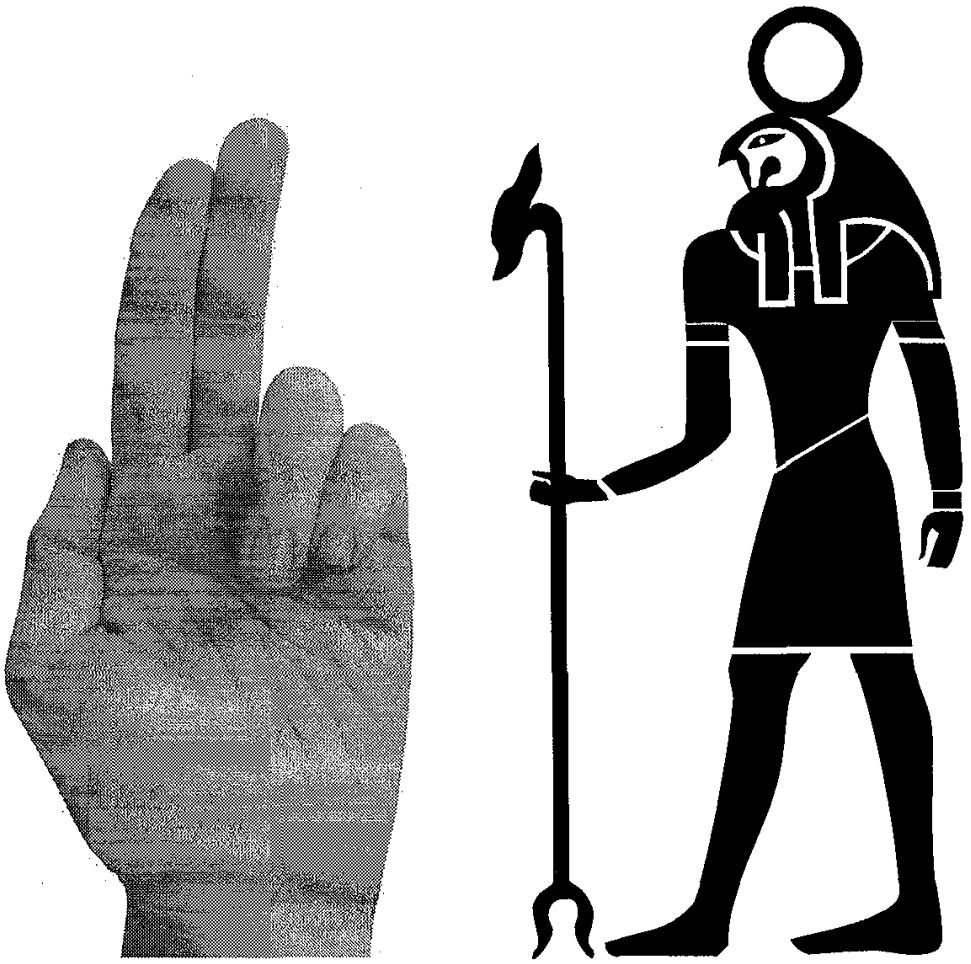
Move the thumb down onto the middle division of the baby finger. Hold for three complete breaths or until you feel a pulse or heat.

Move the thumb down onto the bottom division of the

baby finger. Hold for three complete breaths or until you feel a pulse or heat.

When complete, hold the baby finger under the thumb. Hold for three breaths.

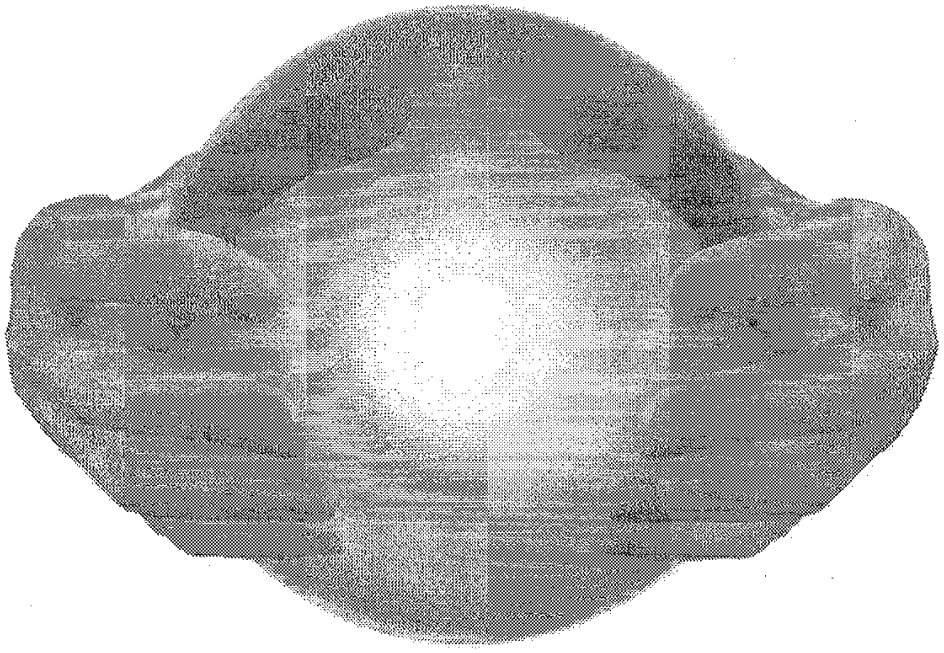
Step 6: Join both hands together in prayer posture over heart, bringing all elements together in balance and harmony. Hold for three breaths.



Fingers Of Horus Meditation
Director of Ka

The Fingers of Horus Mudra bestowed blessings, healing, power, protection, and divine authority. Pointing the Mudra directs and focuses the Ka to the desired destination. Pointing this Mudra on acupuncture points, meridians or chakras, guides and transfers Ka into those areas.

Ka energy follows the path of the circulatory system of the body, regulated by the breath and the focus of the mind. To enhance the sensation of energy to your hands, the simplest way is to stimulated the circulation of your hands. This can be accomplished by shaking your hands, rubbing your hands together or by clapping. Once you feel a warmth in your hands, you are ready to start sensitizing yourself to energy.



Step 1: In a comfortable position, begin the full body breathing meditation.

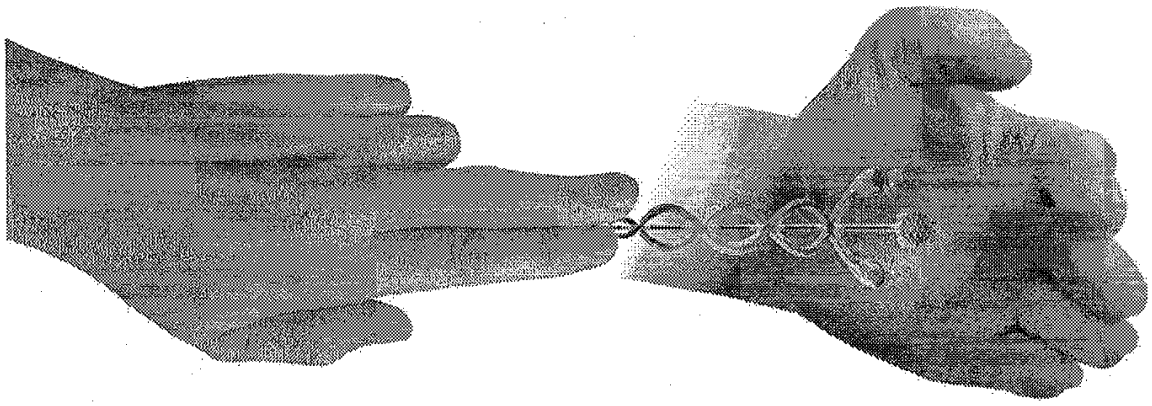
Step 2: Place your hands in front of your stomach as if you are holding a small invisible ball. As you inhale, the ball expands with your hands. As you exhale, the ball contracts with your hands.

Try tuning into the invisible ball. Can you feel it?

Practice this for 1 to 5 minutes.

Step 3: Place your right hand in the Fingers of Horus Mudra. Pointing to the center of your left palm. *(Approximately 2-3 inches away from your left hand.)*

Hold this position until you start to feel the energy from the Mudra touching the center of your left palm. *(This may feel like heat, pressure or tingling.)*



Step 4: Rotate the Mudra in a clockwise movement. *(Small, slow circles.)*

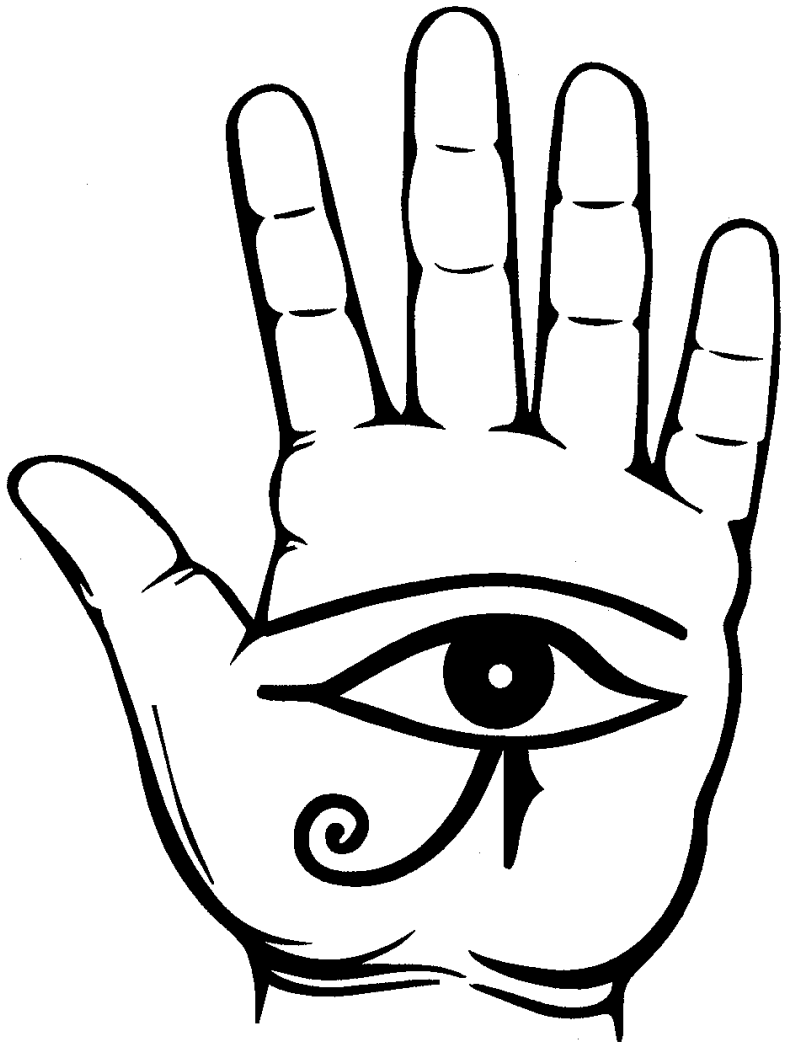
Can you feel the energy on your left palm spinning in that direction? *(Imagine a laser line of energy flowing through the tips of your fingers, going into the palm of the left hand. As you turn the energy in a clockwise motion, the chakra on your left palm rotates in unison.)*

Rotate the Mudra in a counter-clockwise movement for three breaths and repeat until you can sense the energy or the movement.

Step 5: Repeat steps 1-4 of the meditation, switching hands. Now your left hand in the Fingers of Horus Mudra pointing at your right palm.

Once you start to feel the flow of energy from the tips of your fingers to the opposite hand, you are ready to focus that energy to any other point that needs attention.

Clockwise movement: Strengthening
Counter-Clockwise movement: Releasing
Figure Eight movement *(infinity symbol)*: Harmonizing Polarities
Drawing a Cross: Blessings, Protection, Balancing



Hamsa Mantra

In traditional Buddhist meditation, the word for breath is known as Hamsa. Which is the combination of the two words Ham and Sa. As you breathe in you say or intend with the mind the mantra Ham, as you breathe out you say Sa.

This is one of the most powerful mantras known for its ability to anchor you into the present moment of the breath. Practitioners use this mantra in their quest in reaching enlightenment. Hum represents the breath you take in and Sa is the breath you release.

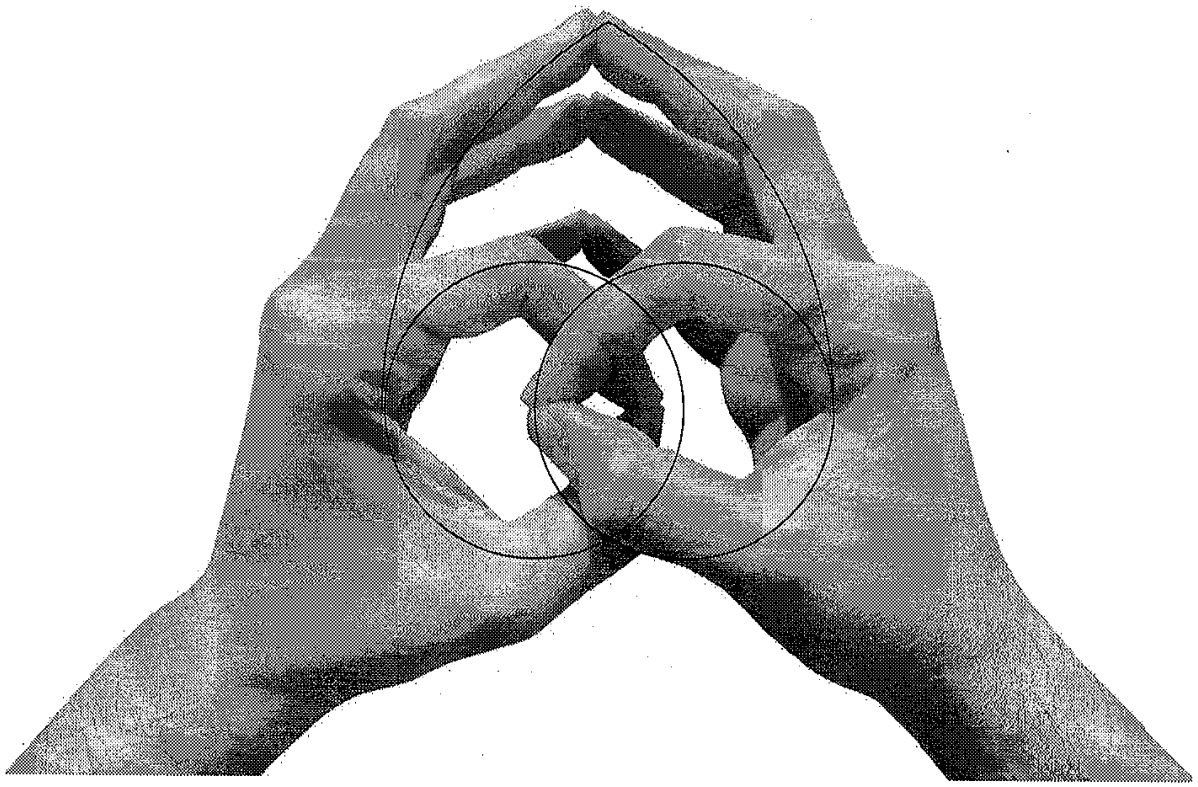
The Hamsa is also a protective amulet that is found throughout the middle east that looks like a hand with an eye in the center. The Hamsa is the symbol of divine protection that wards off '*the evil eye*'.

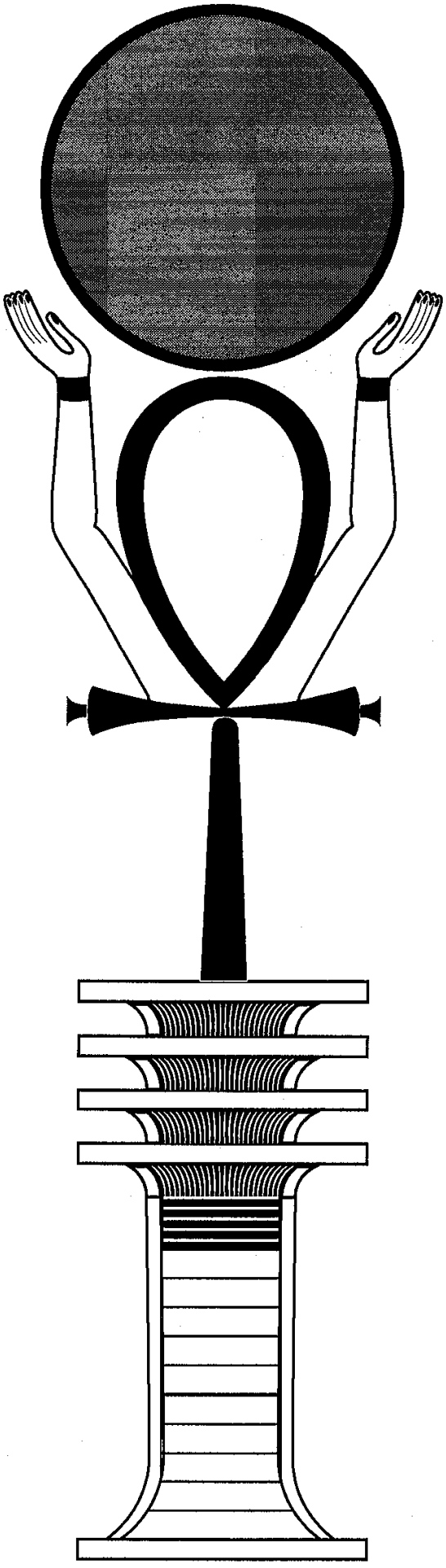
The root of these words goes back to the ancient Egyptian concept of Hu and Sia. It is the personification of the breath of life and creation. By uttering these words as a mantra in mediation we are tuning into these universal forces as an act of creation, cultivating life force with each breath.

When saying Hu and Sia as spoken mantra, you combine the words with the '*M*' sound. The '*M*' sound acts as a harmonic bridge of consciousness. In Sanskrit, the "*Om*" mantra was the primeval sound of creation that linked the inner self to the infinite, eternal divine nature of the universe.

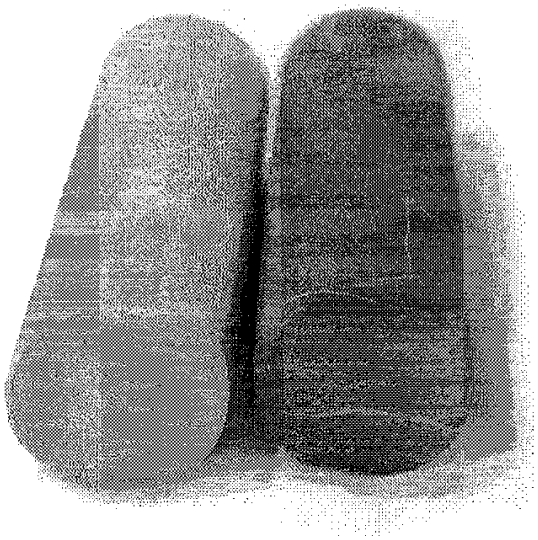
The in-breathe "*Hum*", hold the "*um*" sound between the exhales. Then "*Sa*" in the exhale, hold the "*Ah*" sound between the transition back to "*Hum*".

The Vesica Piscis Mudra can be used in combination with the Hamsa Mantra. *(Optional)*





Movements

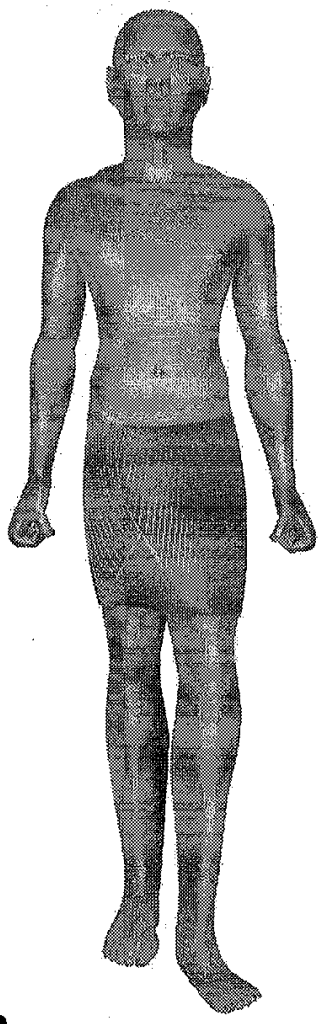


Pharaoh Cylinders

The artwork of ancient Egypt also depicted various symbols and religious objects placed in the hands of the subjects. One such item was a set of stone or metallic cylinders which were held in the hands while in posture. Some of these artifacts have been found and are on display in museums. The cylinders were often a combination of copper and zinc casings, filled with different minerals such as charcoal, magnetite, quartz crystals, etc. These cylinders were used to enhance the connection and sensitivity with different energy systems.

Our hands are a connection point to our meridian and energetic system. Therefore we can focus energy on any part of our bodies through our hands. When we hold a cylinder we are stimulating an energy flow to our entire body. The cylinders are designed to represent the two polarities, positive and negative, electromagnetic and electro-conductive. When both polarities are held in each hand it creates an active energy flow through the body, like charging a battery.

This boosts our electromagnetic fields which has a strengthening effect. Many people describe heat being generated in the body, tingling in the hands, increased heartbeat, this is why we do not recommend holding these cylinders for more than 10-20 min. They can be energetically overstimulating.



Left Foot Of Ra

When studying the art and statues of ancient Egypt, an obvious trend is found from the gods, the pharaohs, and the common people. Not only are they positioned in various postures, but in most depictions of a subject standing, they are presented with their left foot forward.

The left side of the body is the location of the most important organ, your heart. The heart is the first organ that grows within the fetus, forming more nerve connections to the heart on the left side of your body. Because of this, our left side is more sensitive and receptive to the world. When placing your left foot forward, you are stepping with your heart into the world.

The heart played a central role in the Egyptian mystery teachings of death and rebirth. It was your heart that held your morals, memories, and intelligence. Your heart was able to discern

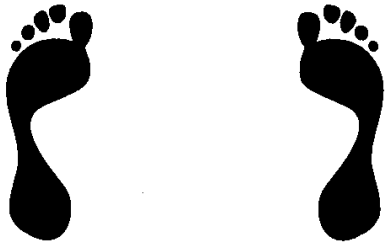
the difference between good and evil. In death, your heart was weighed on the scales of Maat (*truth*) to be judged. It was what your heart carried which determined your fate in the afterlife.

Placing your left foot forward also represented your connection to the sun god Ra, the god of all creation. The left foot forward symbolizes that energy is always in motion and never frozen in time. When practicing this stance, the energetic system naturally opens, becomes receptive, and grounds into the Earth. It is the stance of accepting your role as a vessel and channel of the energies of life. Having your left foot forward naturally opens the meridian system to receive the life-giving energies of Ra (*Sun*). Ra's energy pours into this world as the rays of the sun.

Beginning Of The Journey
Left foot forward
Connecting to the universe

Moving Through Time
Right foot forward
Bringing the universe within

Standing In The Sacred
Feet together
Creates a pyramid of protection



Stance Of Mankind
Feet shoulder width apart
Grounds and holds the energy

There are many elements that influence our wellbeing in this world. Here are some of the most important that strengthen and weaken our human energy system.

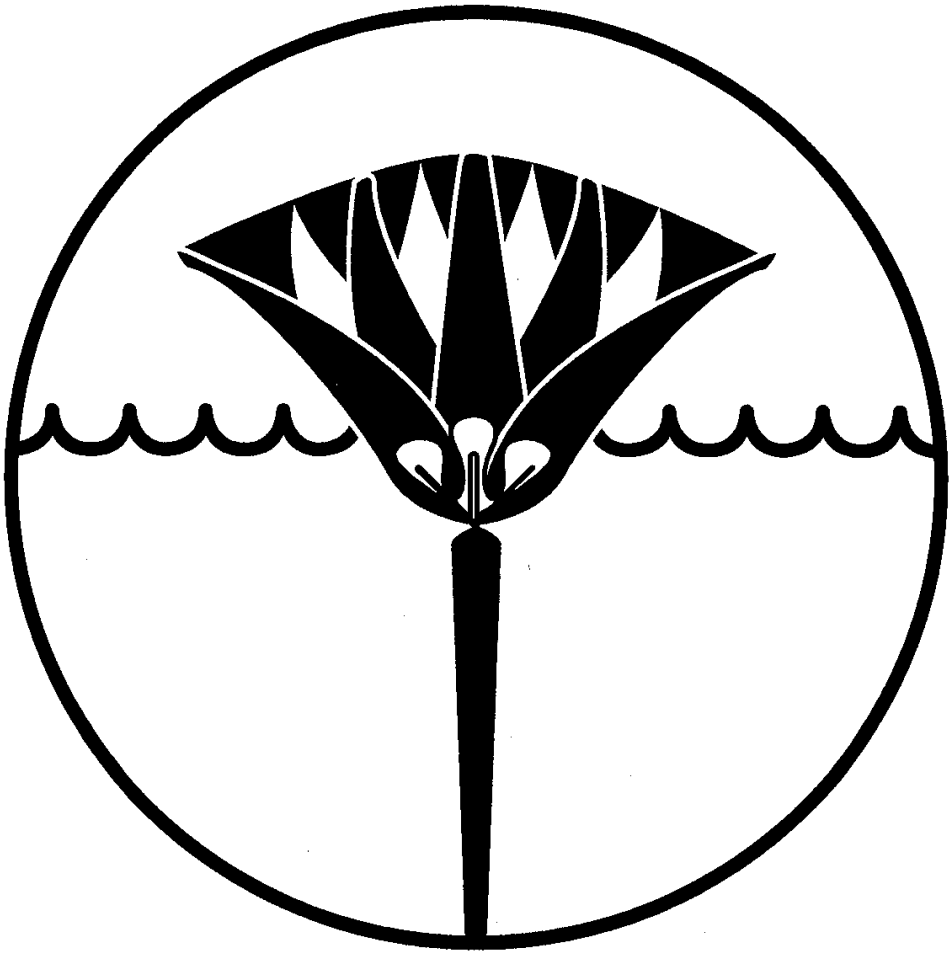
What strengthens the human energy system:

- Clean environments (*being close to nature and the elements*)
- Connection to the Earth & Sun (*grounding & light on skin*)
- Belief Systems (*beneficial thought forms & mental projections*)
- Meditation & Relaxation (*Qigong, Breath, Mantras, etc.*)
- High energy food & water (*organic, raw, straight from the source*)
- Exercise (*moving the blood in the body*)

What weakens the human energy system:

- Artificial & toxic environments
- Toxic relationships
- Belief Systems (*non-beneficial thought forms & mental projections*)
- Addictions & Obsessions
- Low energy food & water
- Electromagnetic pollution
- Negative energy we carry (*karma, traumas, emotions, entities, attachments, & toxins*)

Clean living, clear minds and peace in your heart is the ideal way of living. When the stresses of life become a daily occurrence, all aspects of our vitality start to weaken as we hasten the aging process. Spiritual practices are a powerful way of releasing and correcting these dis-harmonic energies that may be affecting your day to day life.



Shadow work is the process of releasing and correcting dis-harmonic energies that are distorting our original energetic blueprint.

Everything that we are and everything that we hold, positive or negative, are transmitted out into the universe. Like a great mirror, the energies of the universe are reflected back.

THE SALUTE TO THE SUN

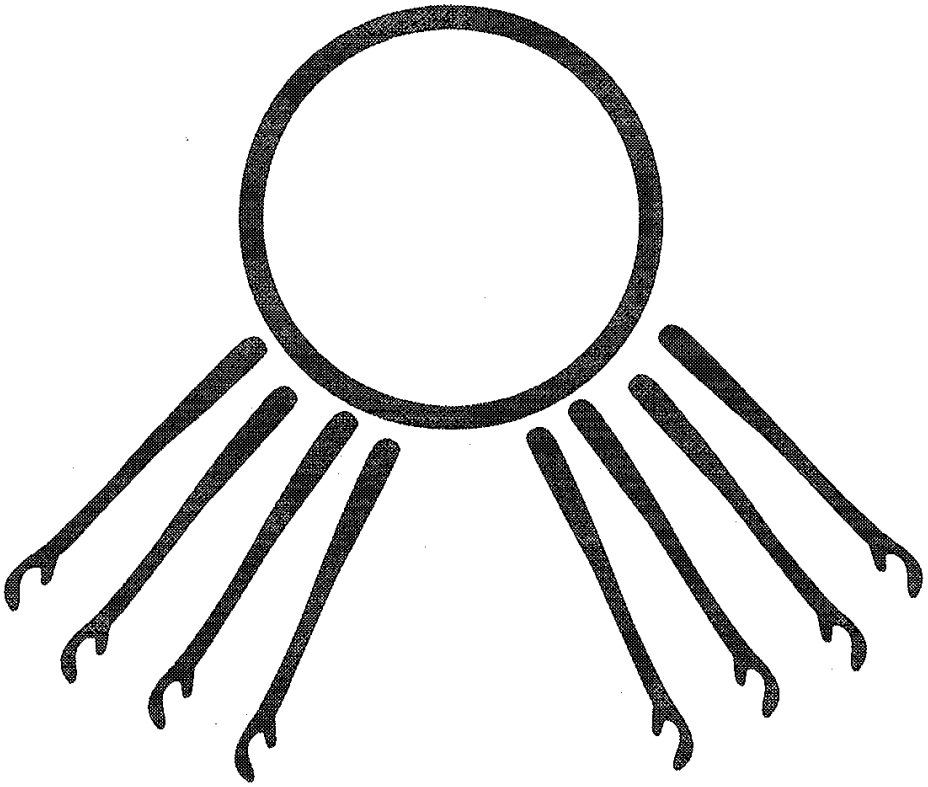
The Salute to the Sun is a combination of twelve specific Egyptian Postures that energetically flow into one another. Each posture strengthens and enhances a specific energetic system.

The entire practice only takes around ten minutes to complete. After memorizing the movements, you can choose to slow the postures down or speed them up. It is recommended to practice full body breathing, focused on your Dantian, during meditative postures to gain the most benefit.

Each posture can be practices as a single meditation. Multiple postures can also be mixed and matched to created individualized meditations. Pharaoh Cylinders are optional and can be added to any postures that has a closed fist Mudra.

As any spiritual practice, postures takes time and practice to master. Many may feel the Ka flow immediately, while some may take months of practice before experience the sensations of energy. The trick to spiritual practice is consistency. Choose a set time and place to practice everyday. The more you bring these spiritual practices into your life, the stronger your connection to these energies become. But like anything new, never over due it or burn yourself out. Always take breaks when you feel it is time.

Please go at your own pace and do not force any movement. If any posture causes stress or discomfort, please use common sense to alter or stop the practice. You know your body better than anyone, so monitor yourself carefully. Stress on the body limits the energy flow through your body. Energy flows at its most optimal state, when the mind and body are relaxed in a comfortable environment.

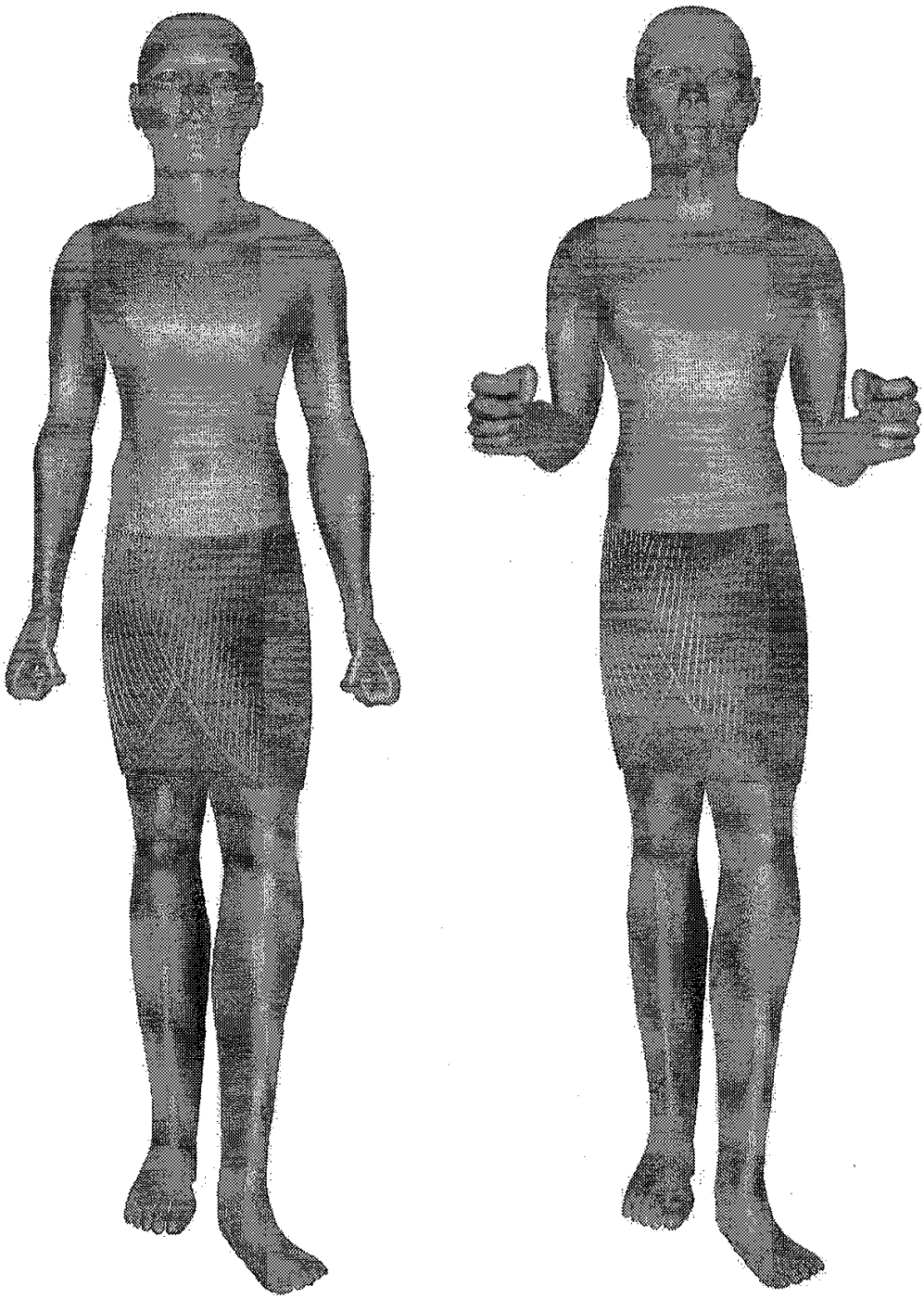


ENERGY CONNECTOR & GROUNDER

The energy connector and grounder posture strengthens our connection to the Earth. This connection gently opens and expands our energy fields. Just like a tree, we are growing our energetic roots and branches into our environment, enhancing the flow of universal energy circulating through the body.

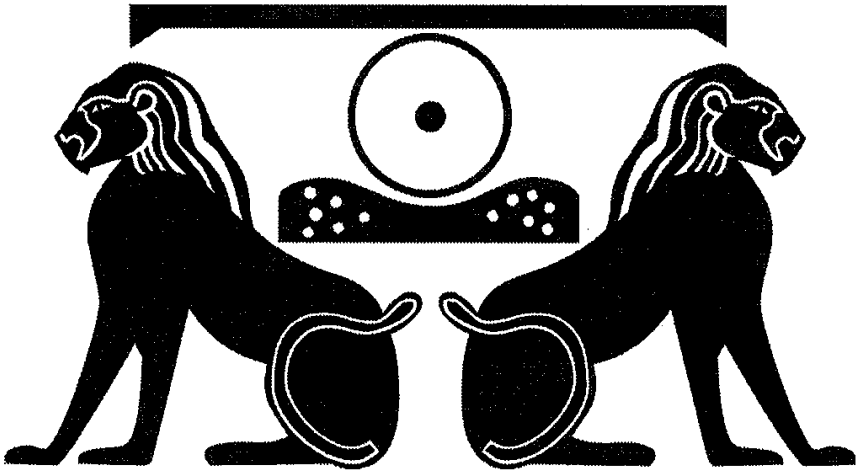
As this process begins, the energies start to activate and open the Kundalini channels from the Earth to the Crown Chakra.

This posture is used as the starting point, setting the foundation of energy before practicing any other posture. As a meditation, this postures is beneficial for grounding and connecting us to the energies of the Earth. The Earth is where we derive our power from.



Place left foot forward in a comfortable position.
Place hands in a light fist at your sides.
Slowly raise arms up to 90 degrees at the elbows and hold.
(Cylinders optional)

This can be held up to 2 to 5 minutes.

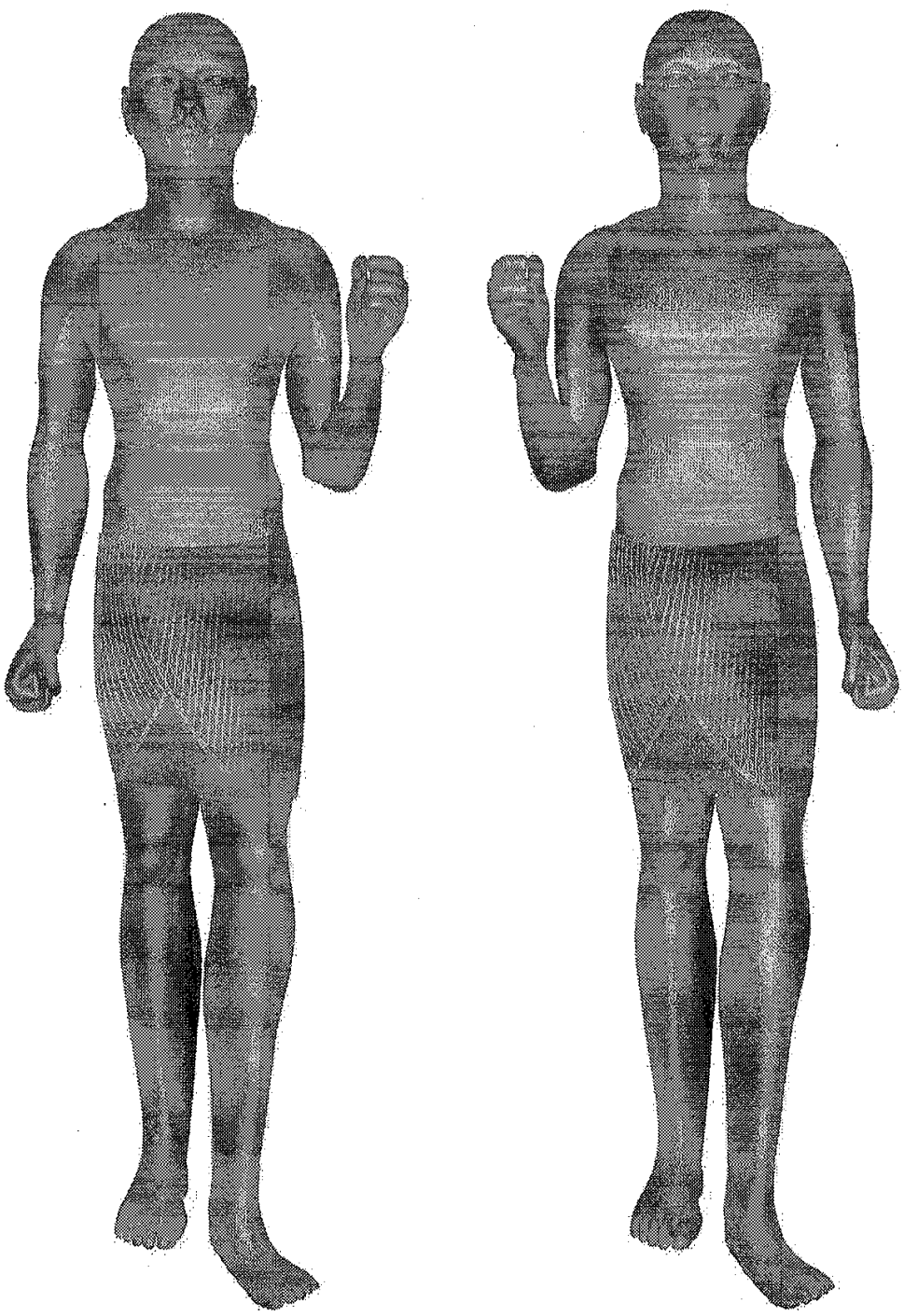


RAINBOW ARC ONE

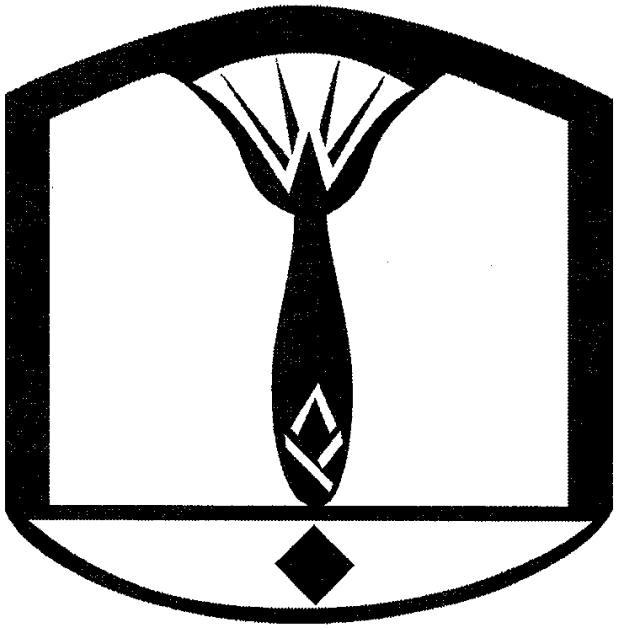
There are two polarities that make up the energetic system. Represented as Yin and Yang, positive and negative, male and feminine, both polarities circulate throughout the body.

The Rainbow Arc posture, begins the process of strengthening the flow and potency of the polarities. This movement is similar to charging a battery. Over time, the energy builds a bridge between the two polarities, activating a heightened flow of energy through the body.

The Rainbow Arc strengthens and balances the body's energy polarities and circulates the energy through the meridian channels.



Starting from the "*Energy Connector & Grounder*",
raise the left arm up to left shoulder as right arm
descends down to right side.
Slowly switch and repeat this motion
a minimum of 8 times each side.
(Cylinders optional)

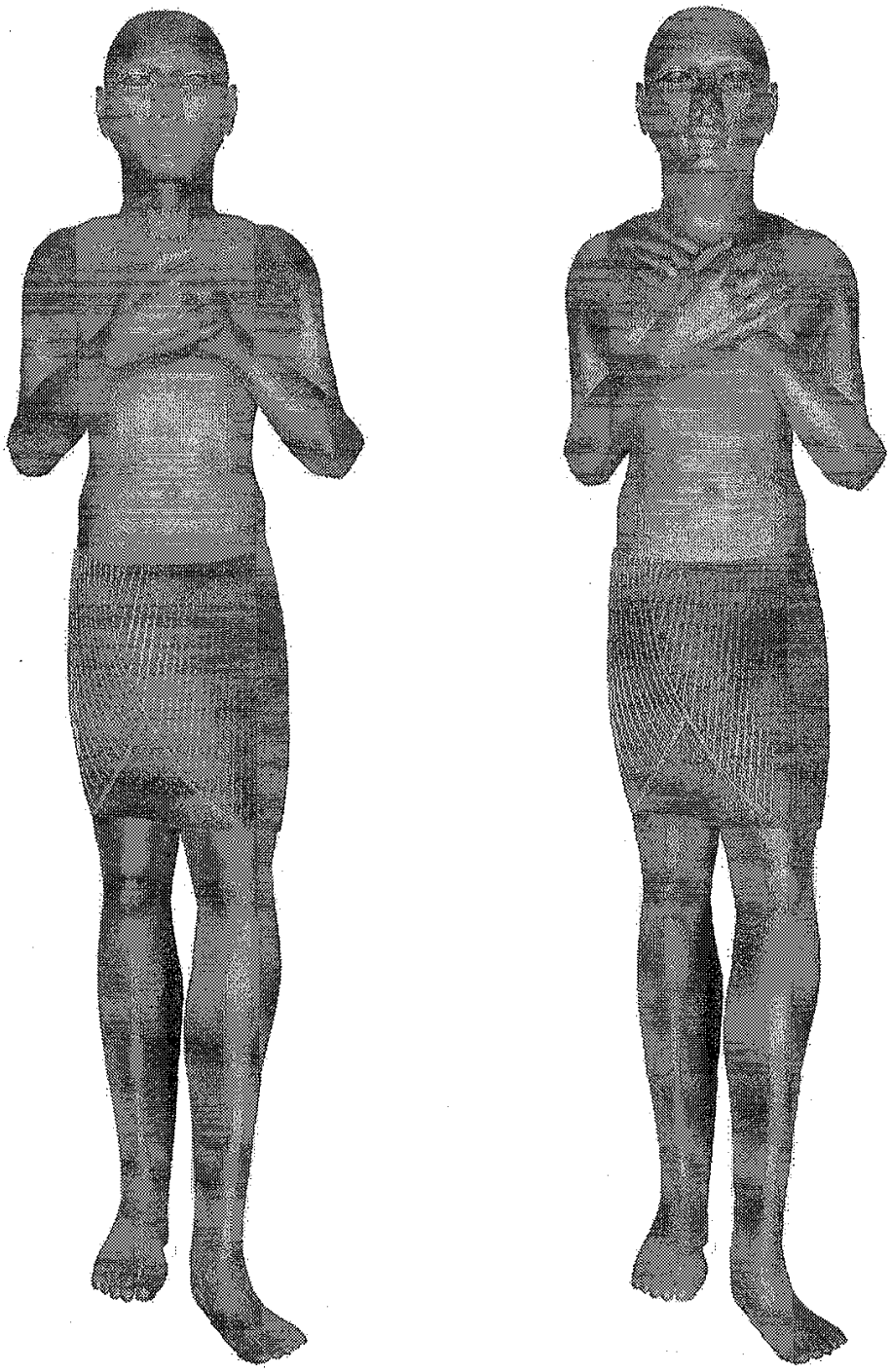


HEART PULSAR

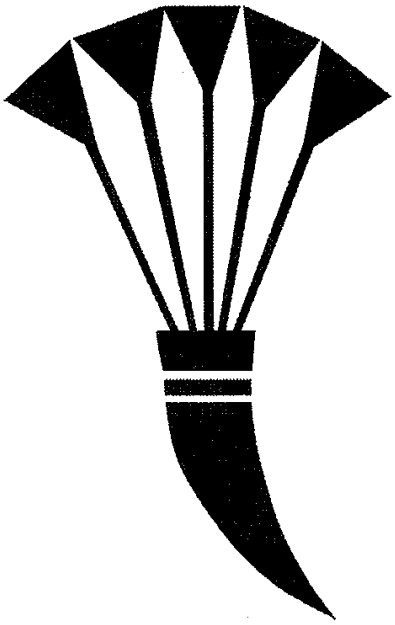
Our heart is our center and connection to the universe. It is one of the most important centers in our body to connect with. When we work with the posture of the Heart Pulsar, we are starting the process of opening and activating the energies of our Heart Chakra.

The two Mudras of a closed fist transitioning to the open palm over our heart center brings a pulsation of life-force energies deep within the heart.

This movement assists in breaking down energetic blockages around the Heart Chakra. Emotionally this posture can be used in combination with the "*Balancer*" posture to quicken the release of heavy emotions, grief and anger. For this type of release it is recommended to breath deeply and slowly into the Dantien, located behind and below the navel.



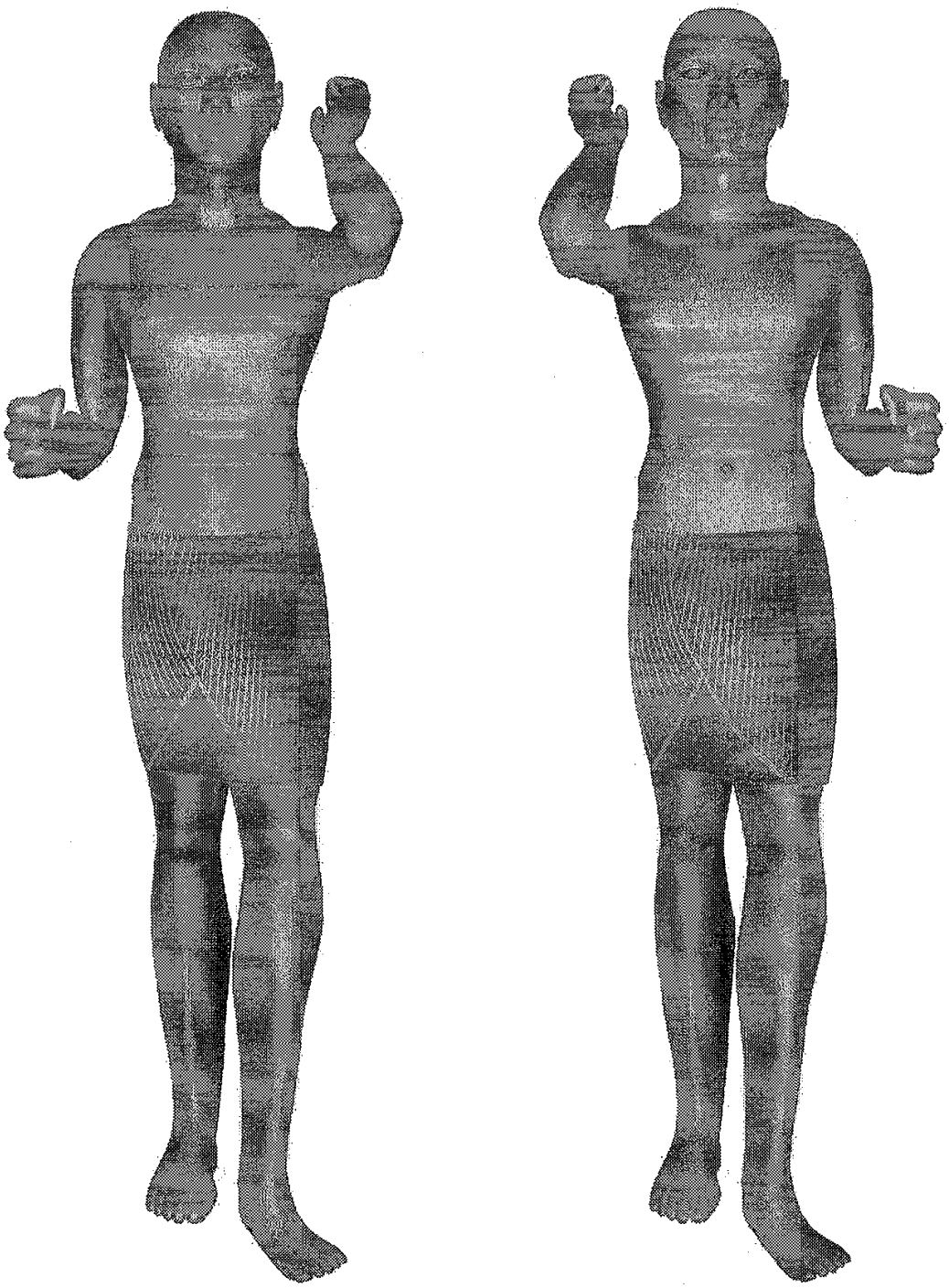
Place hands over heart with palms closed in a light fist.
Whichever hand feels natural may go on top.
Hold for 15 seconds; or three deep breaths,
Open hands and hold for another 15 seconds.
Repeat as needed.



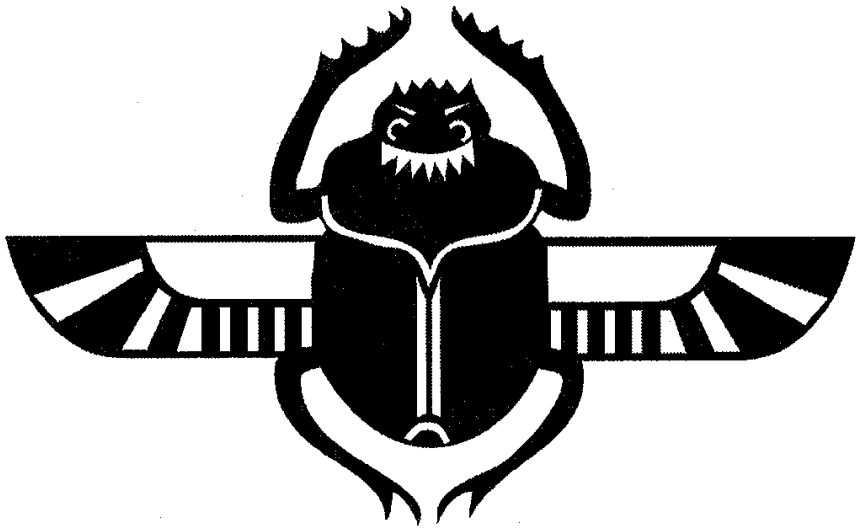
RAINBOW ARC TWO

Same movement as "*Rainbow Arc One*" but this time the arm is being lifted up to ear level. This posture also builds and strengthens the polarities through the body. Rainbow Arc Two starts the process of opening the energies of our upper channels around the head to clear the pathways for receiving spiritual information, messages, visions and energies.

This assists in strengthening our polarities to connect to the upper world. The upper worlds is our connection to the spirit and the dimensions of time, space and the unknown.



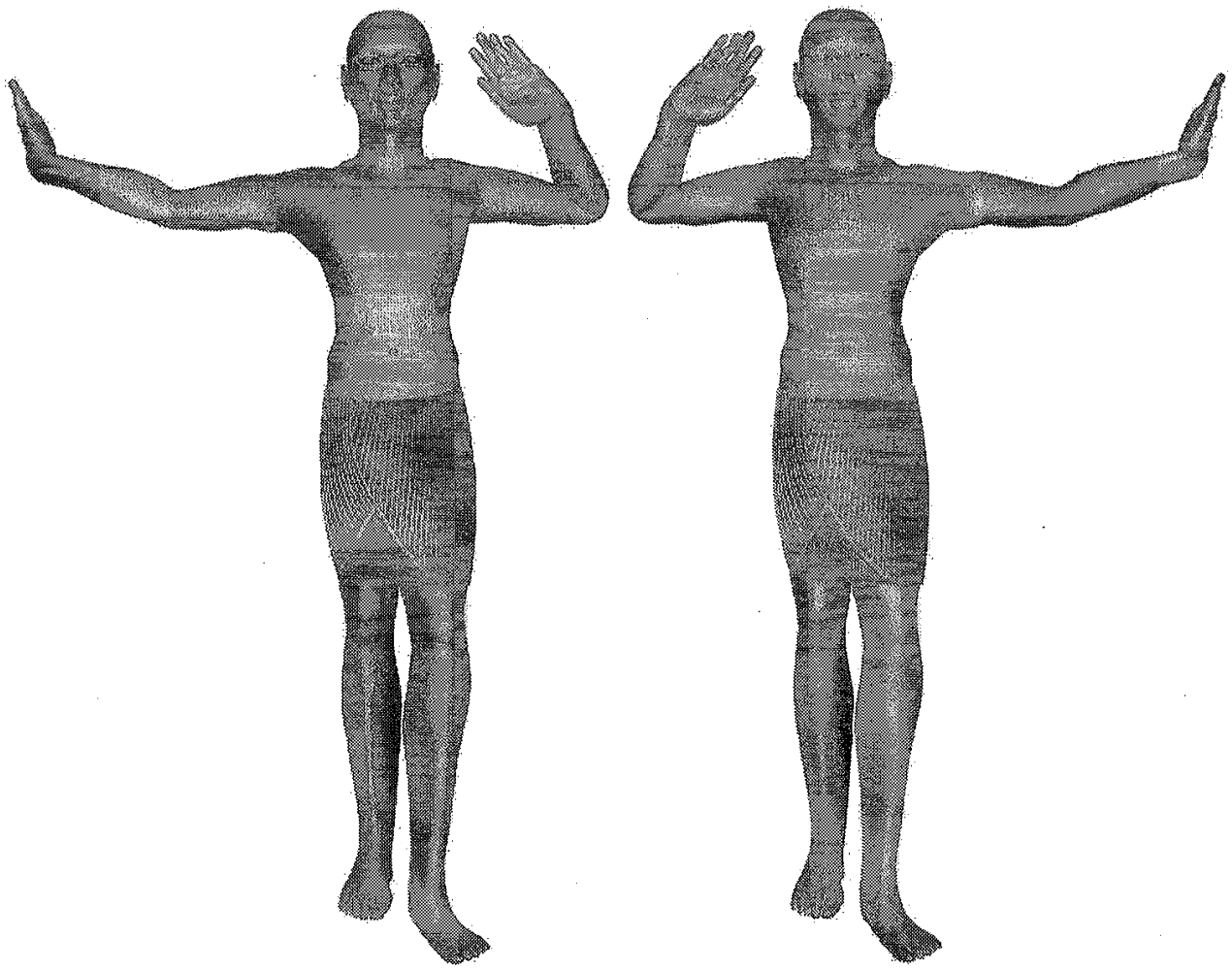
Starting in the same position as the "*Energy Connector & Grounder*" with both arms lifted at 90 degrees at the elbows. Lift the left arm until your fist is parallel with your ear. Switch arms slowly, repeat at least 8 times.
(Cylinders optional)



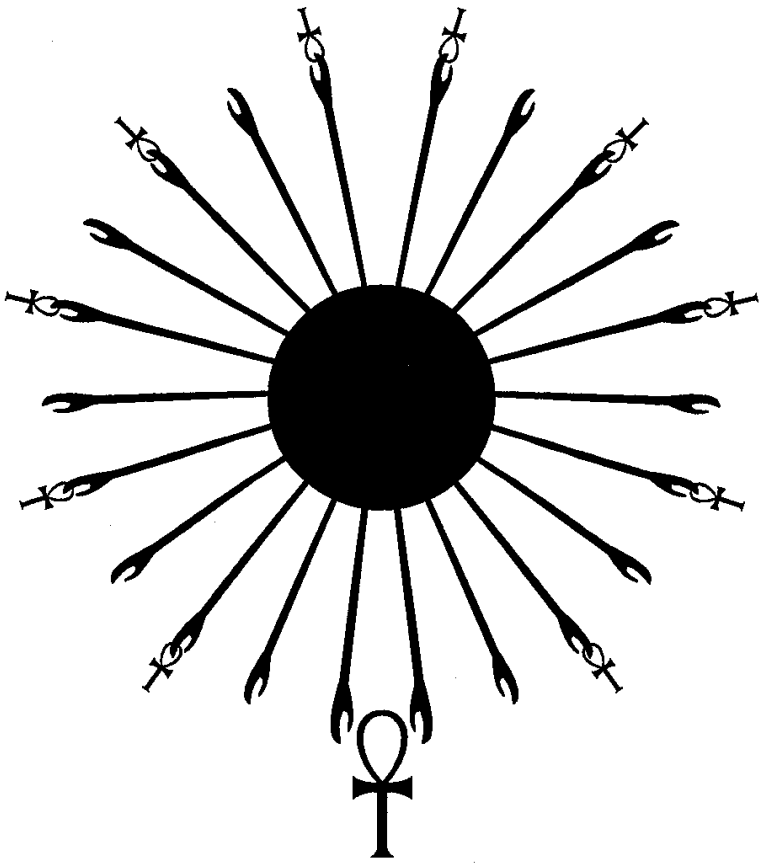
Wings Of The King

The Wings of the King posture opens and connects the upper channels to activate the energies of the spiritual body. This assists one in being more conscious of their journeys in the dream state and also prepares the energies for astral travel into other dimensions.

Practicing this movement helps balances spiritual and psychic energies. This posture assists in purifying past life and karmic energies encoded in the cellular memory.



Bring both hands to ear level, palms open facing your sides.
Push your left hand out to you left side.
As you bring the left hand back to the ear,
push the right hand out to the side.
Switch and repeat at least 8 times.

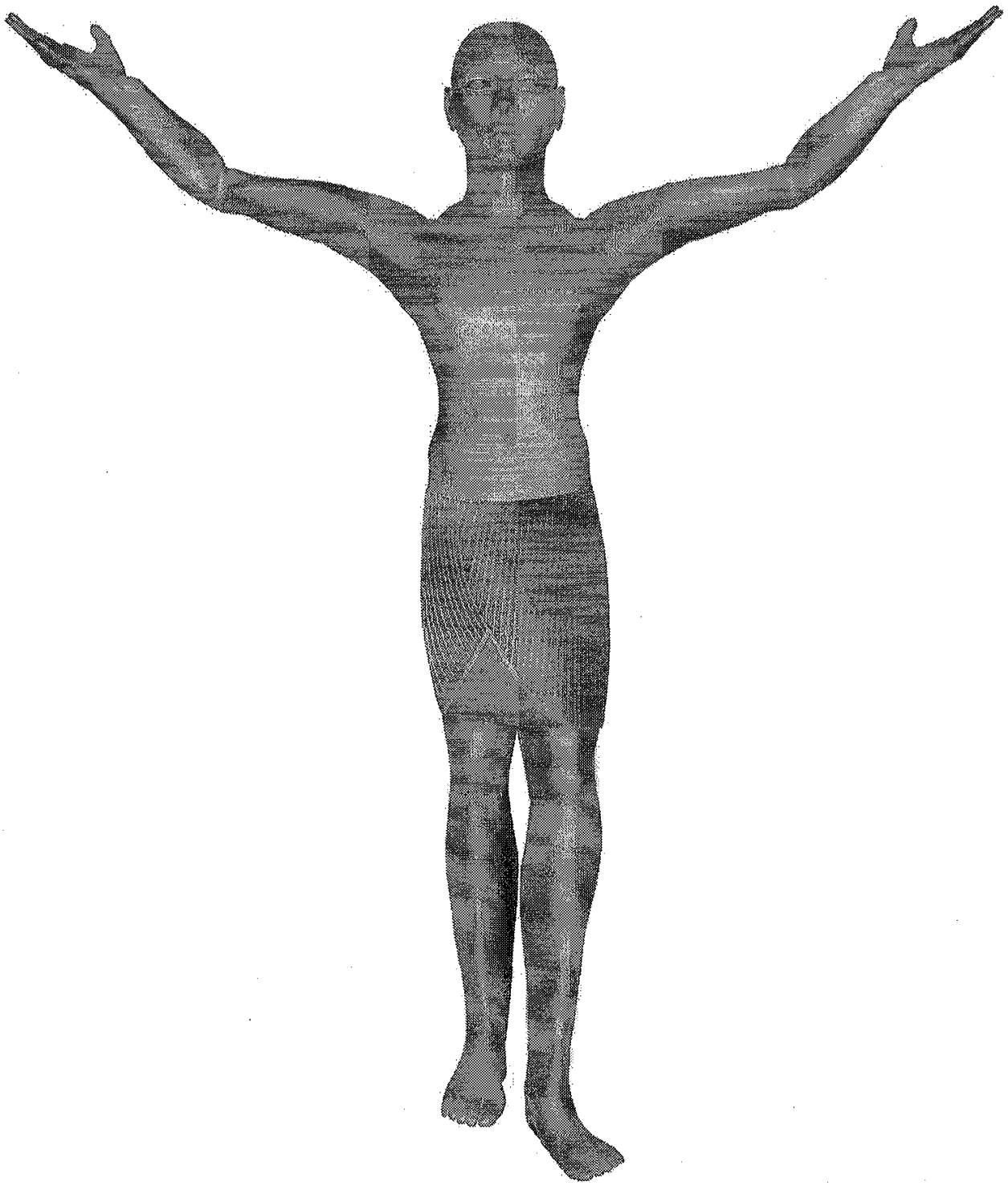


SALUTE TO THE SUN

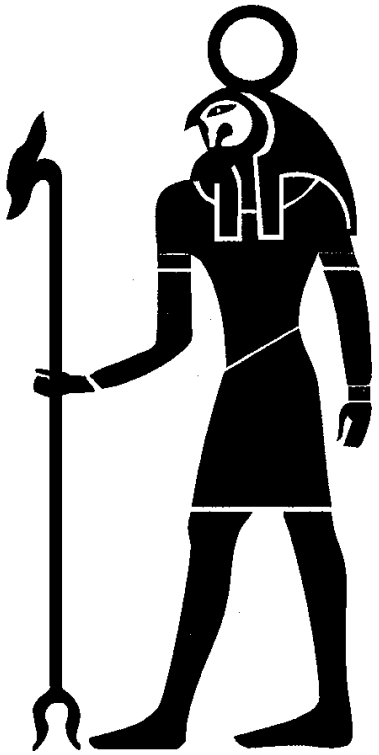
When standing in the Salute To The Sun posture we are opening the energetic system to receive the energies of heaven and earth.

This posture activates the energies of the Earth to flow up through our feet and the energies of sun flow down through our crown. The combination of these two energies helps transform and shift the energies of the body.

Many spiritual practices from around the world frequently use this posture in their systems. It is a very recognizable posture which is found in many ancient texts and spiritual artwork. This posture represented receiving divine energies, guidance, and information.



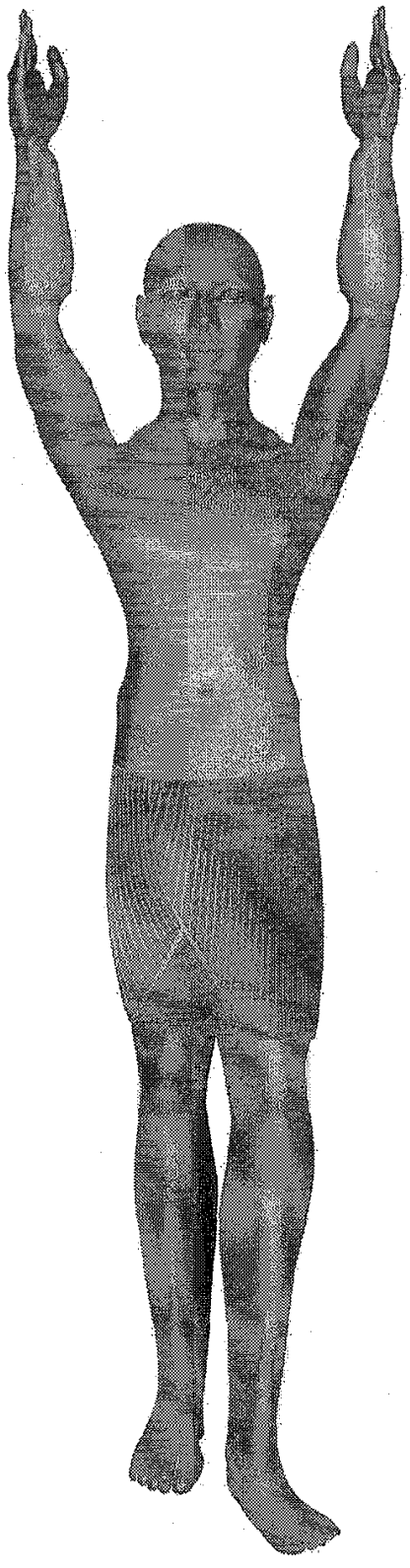
Hold both arms up at head level, hands facing upward.



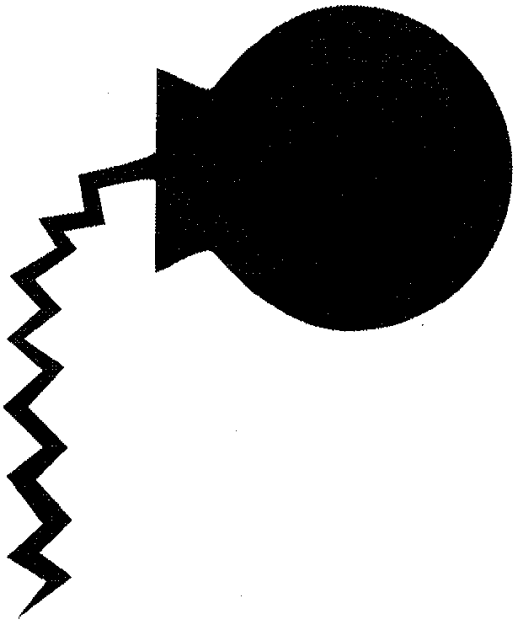
DISC OF THE SUN

There is a "*Sun Disc*" located above the Crown Chakra. Many cultures also refer to this disc as the Higher Crown Chakra or the higher self. We can reach up and hold this disc above our heads. By holding the Disk Of The Sun we are drawing down a stream of "*celestial forces*" throughout the energetic systems.

The Disc Of The Sun connects to higher streams of consciousness. The more these energies flow through our system the more we can shield and protect the body from non-beneficial energies. The Disc Of The Sun can be moved down through the center channel of the body. This action purifies and activates the other Chakras.



Hold both arms straight up overhead,
palms facing each other for 30 seconds;
bring arms down, bending the elbows,
palms facing the body.
Bring the Disc Of The Sun down
through the entire Chakra System.

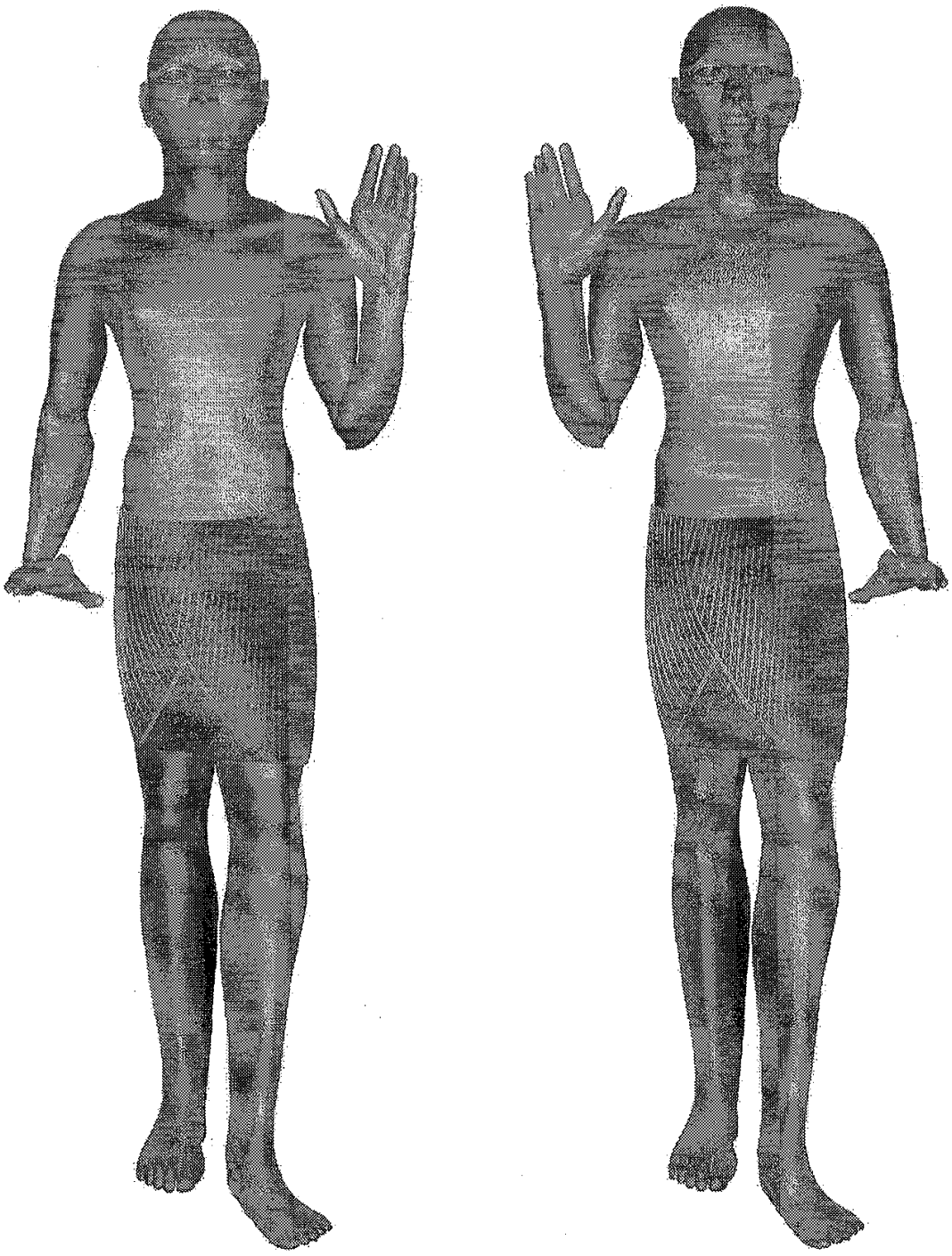


WATER BALANCER

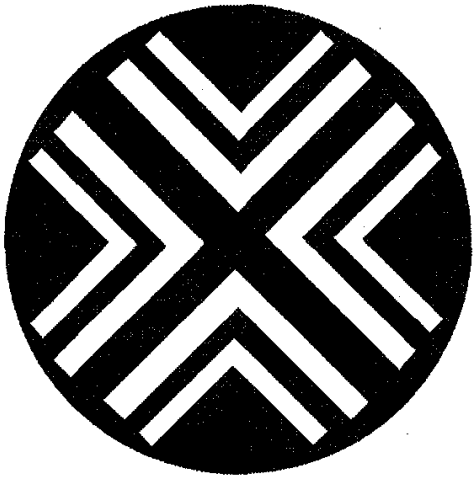
Water is one of the most important elements of the human body. Water holds our memory and consciousness. The structure of the water and the quality of the water we consume helps build and strengthen our energetic bodies.

The Water Balancer posture charges, balances, and transforms the energies of the water throughout the body.

This meditation purifies the element of water in all cells and organs, energetically releasing toxins back to the earth to be processed.



Right arm at the side with palm facing the Earth;
left arm raised with palm facing forward.
Switch slowly and repeat at least 8 times.



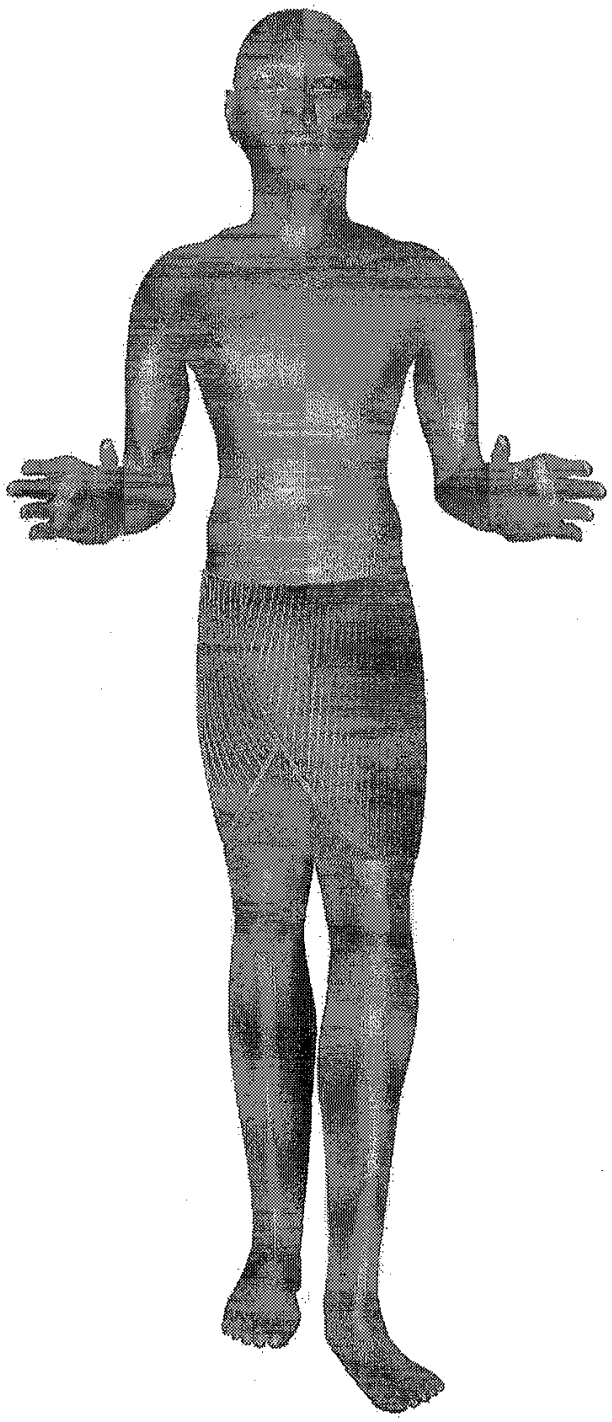
SOLAR BALL

When we hold the posture of the Solar Ball we are opening the power center of our system. This is a very popular posture found in Qigong.

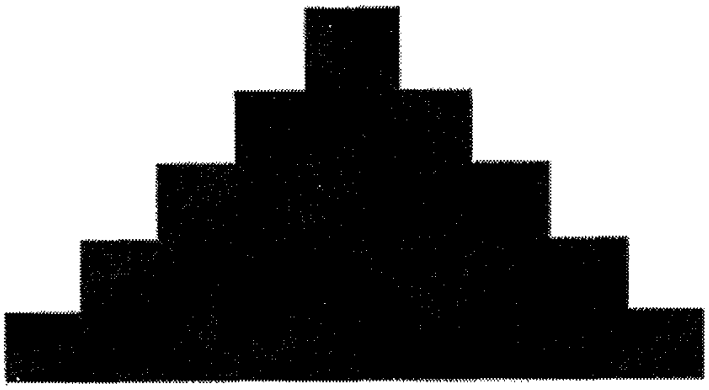
Standing in this posture begins the process of building and storing Ka (*energy*) within the solar plexus.

This posture is also called "*Filling The Bucket*" because by entering this meditation, you are filling your reserve with a new supply of energy.

The Solar Ball posture assists in opening channels to receive new energies from spirit guides. Excellent posture to hold for a longer period of time (*2 to 5 minutes*) to allow the energies to build.



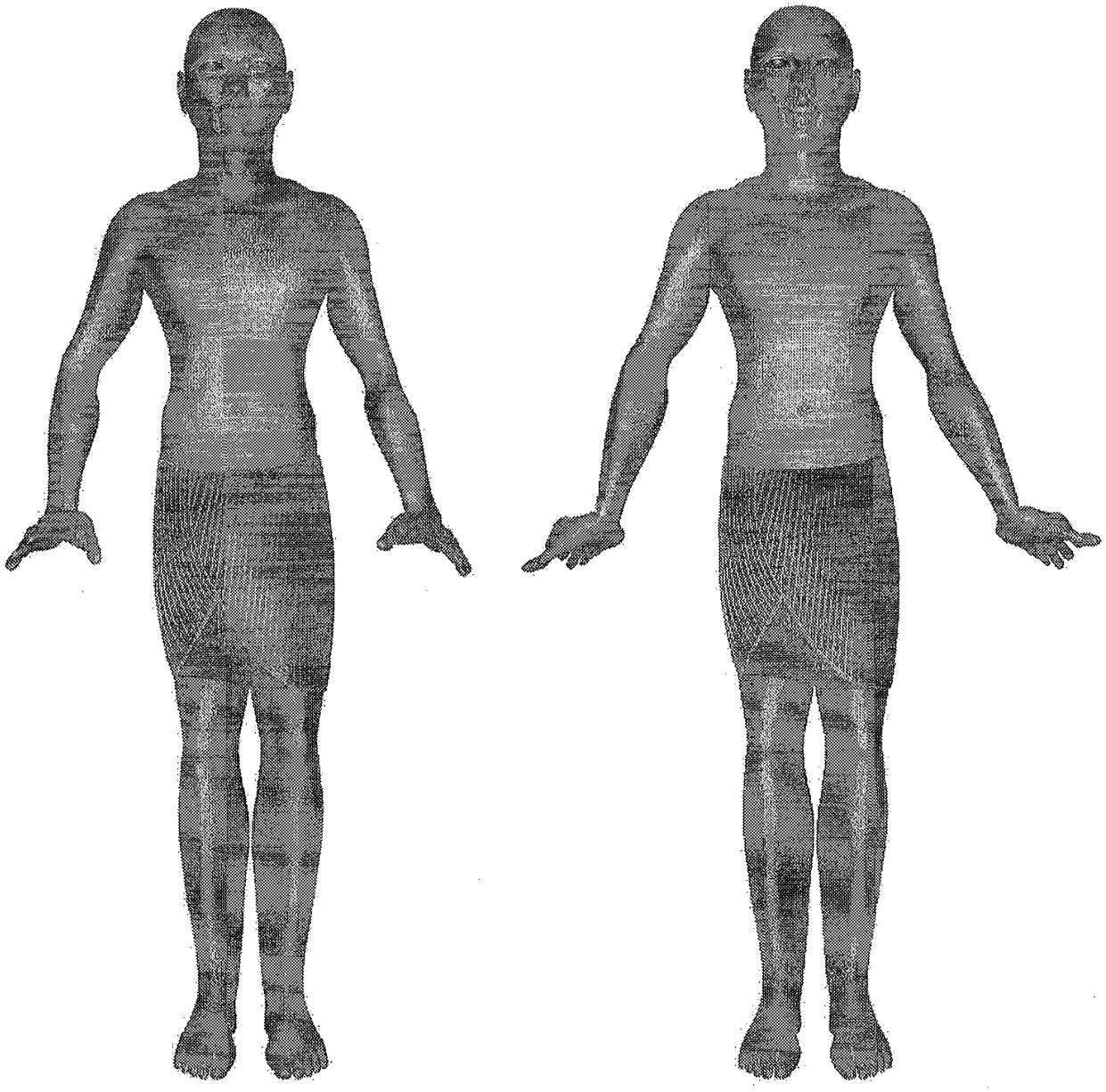
Hold both arms at side, bent at the elbows,
palms facing each other, as if you are holding an
invisible ball of energy between both hands.
Hold for at least 1 minute; then bring palms slowly towards
the solar plexus, without making physical contact
to the stomach.



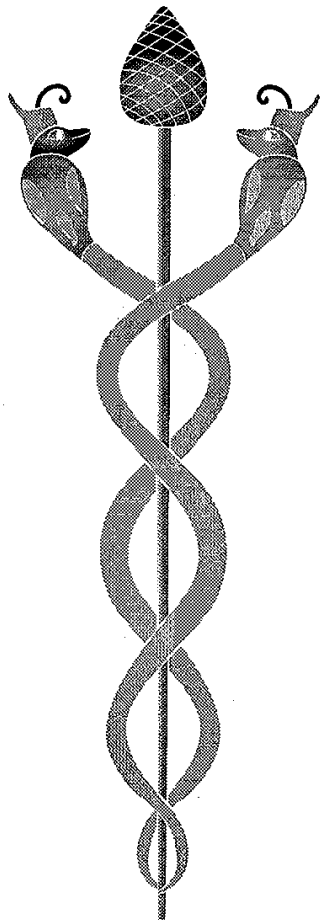
PILLARS OF THE EARTH

When practicing the Salute To The Sun system, your body starts generating and storing energy throughout the entire body. The Pillars Of The Earth posture grounds our energy and starts the process of releasing all the excess energy that has been generated through the previous postures. It also helps the body release any unwanted energies that it may be storing.

As we release this stream of energy back to the Earth, the Earth in return will send purified energies back to the energetic system through the feet.



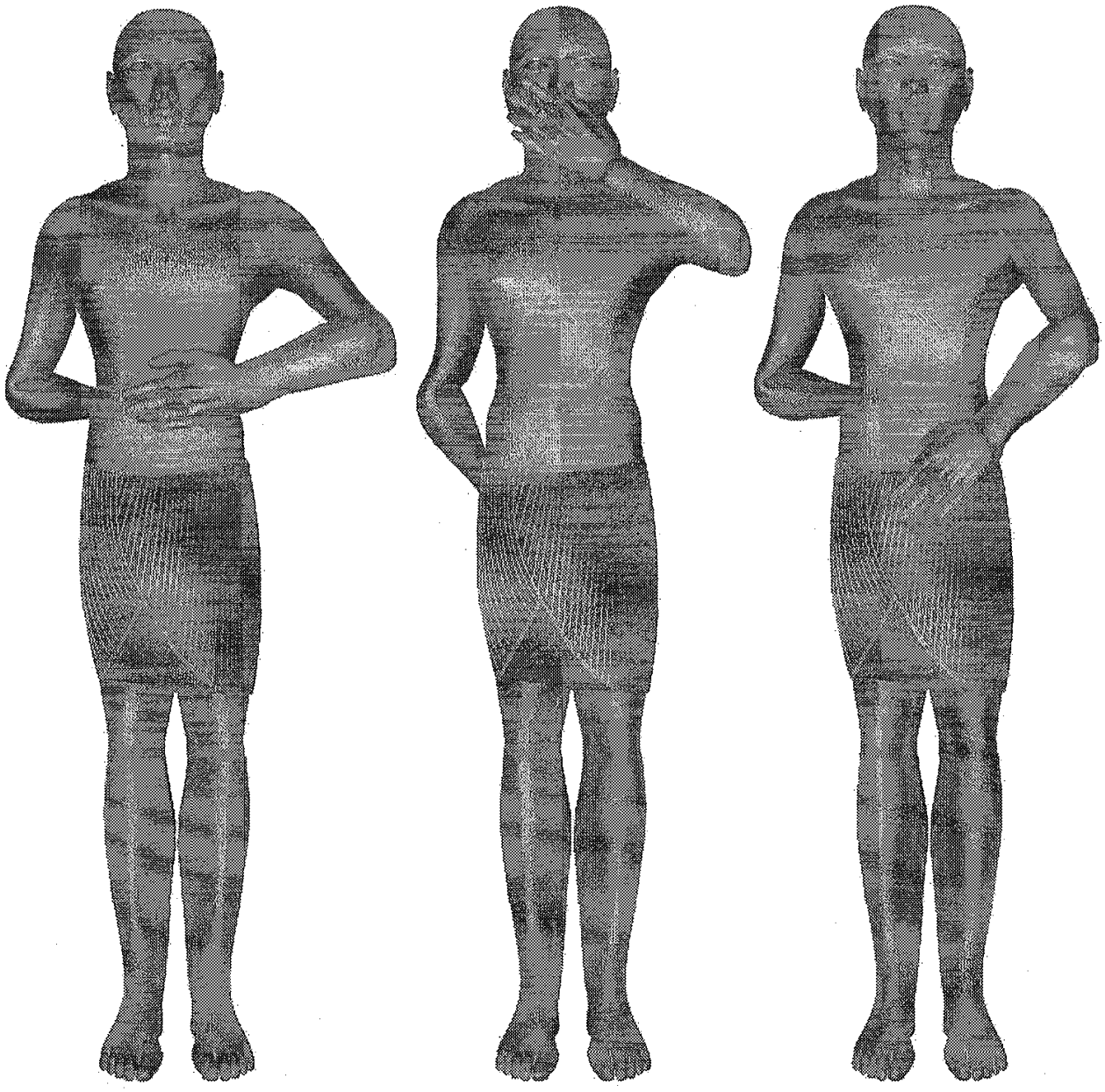
Put feet together, arms at sides, palms facing the ground.
Rotate hands from the back to the front in a
circular motion. Repeat at least 8 times.



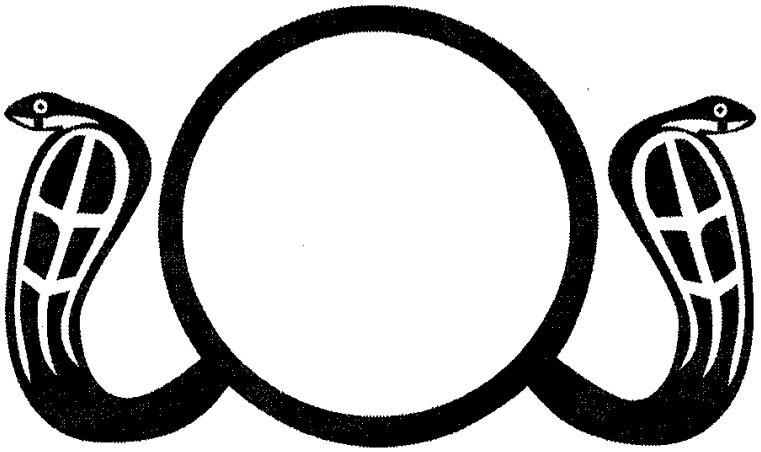
KUNDALINI COBRA

The posture of the Kundalini Cobra clears the channels up and down the center of the body, allowing the energies of the Kundalini to flow. The Kundalini energy is a spiritual fire that is found at the base of the spine. When the pathways are cleared and the energies are in the right alignment, the Kundalini will start to rise up the spine, passing through the Chakra system. The Kundalini purifies the body and activates the Chakra system.

This Posture connects the Kundalini energies to the Earth and to the sky. The Kundalini Cobra also activates and moves fire energy through the meridians and Chakras.



Place the left hand in front of the solar plexus,
with right palm facing spine, behind the solar plexus.
As the left hand moves upwards along
the center of the body to the chin,
the right hand moves downwards to the Root Chakra.
Repeat 8 times.
Return to solar plexus and move hands inwards and outwards from the body at least 8 times.
Repeat the first vertical movements.
Switch hands and repeat the whole cycle described above.

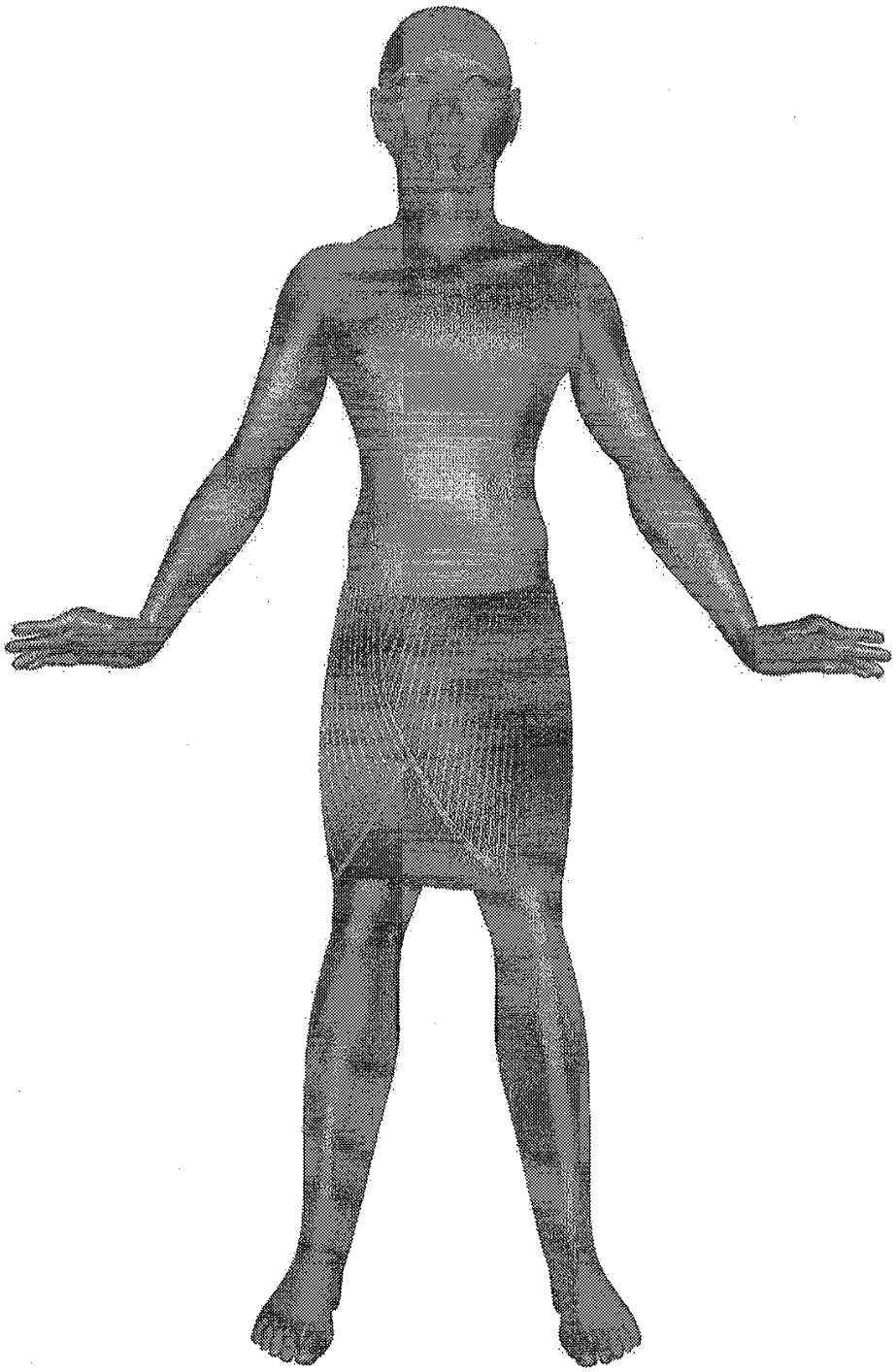


Cobra Sways

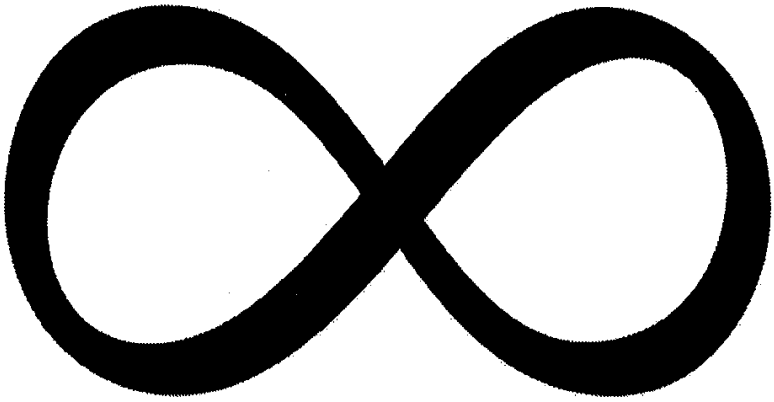
Standing in the Cobra Sways posture starts to project energy into the immediate environment around you. This creates and builds a perfect sphere of energy outside your energetic bodies. This field is beneficial in cleansing and healing the environment around you.

The energies created while practicing this posture protects, balances, and cleanses our energy fields and the energies in the immediate environment.

This is our sphere of protection. The more we build this field around us, the stronger our shield becomes to the detrimental energies coming in from the outside world.



Open feet shoulder width apart, arms at side,
palms facing the ground.
Slowly sway body 6 to 8 times in a clockwise motion.
Stop, let hands drop to your sides.
Then raise hands again with palms facing the ground.
Repeat motion counter clockwise.



Conclusion Of The Salute To The Sun

Bring arms back up to the *"Salute To The Sun"* posture. Hold for three full breaths.

Raise your arms above your head in Prayer Posture.

Open your palms to hold The *"Disc Of The Sun"* while saying the mantra *"RA HA"* three times.

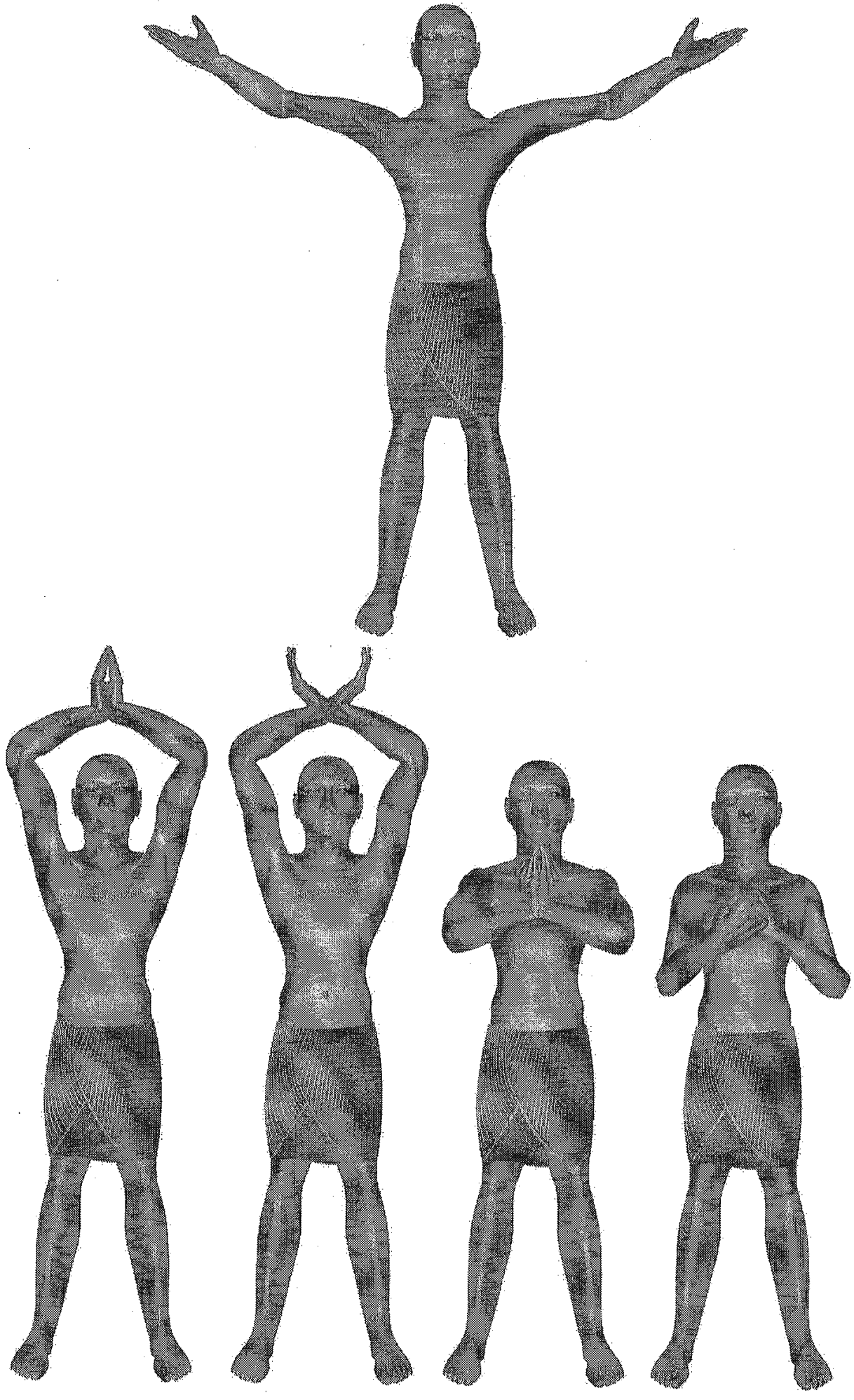
RAHA is the mantra of order and protection, sealing the higher energies you have been working with into your system.

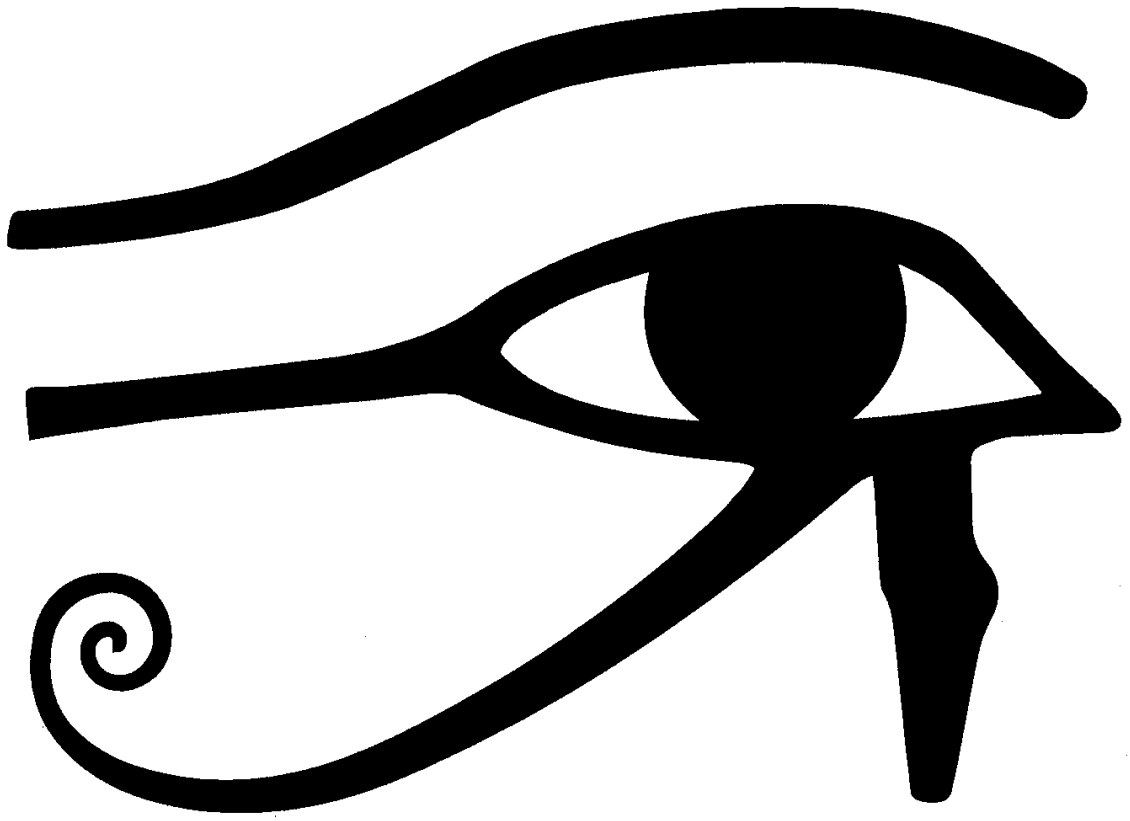
Close your hands back into prayer posture, slowly bringing them down over the heart. Close your hands over your heart to give thanks to all the new energies your have received and all the energies you released.

This concludes the sequence of the Salute To The Sun Postures. The following postures herein can be used as individual meditations in addition to the Salute To The Sun Postures.

Private video of "The Salute To The Sun" can be found at:

https://youtu.be/f6rBf-9f_5g





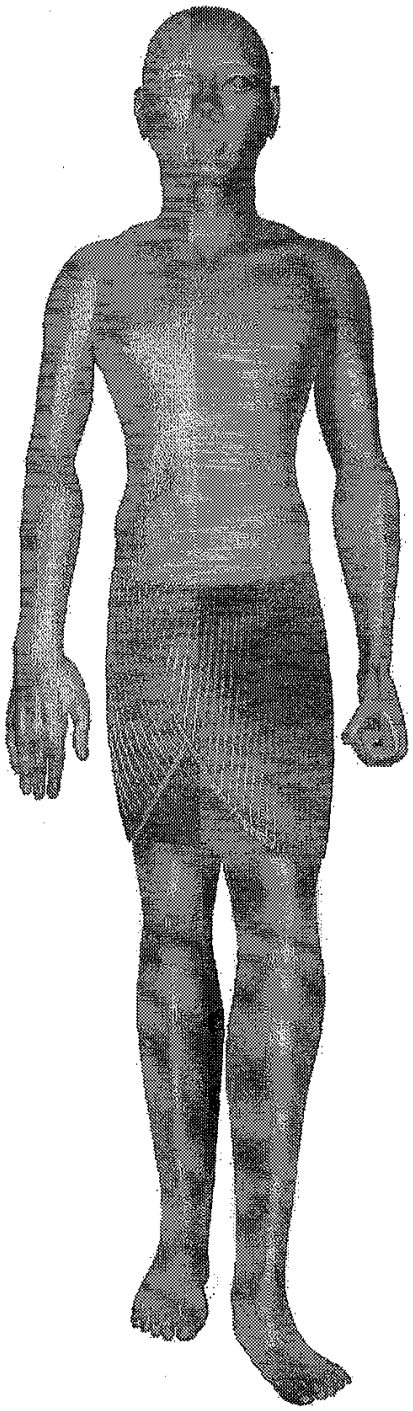
Additional Postures

PHYSICAL STRENGTHENER

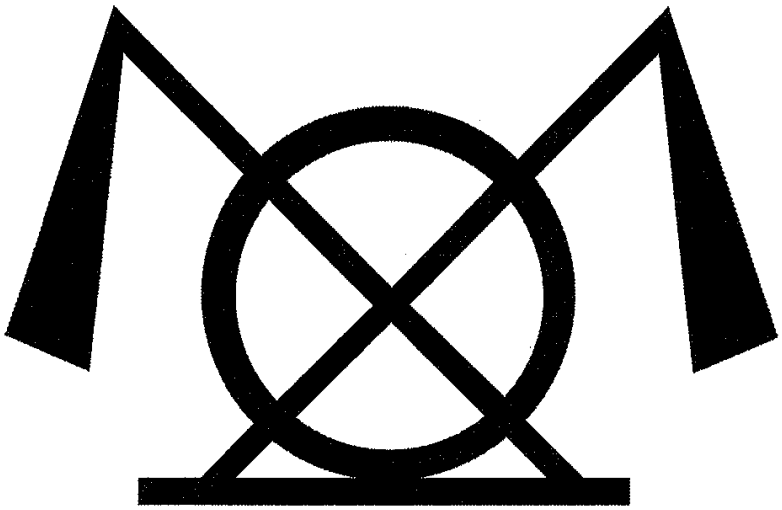
The Physical Strengthener posture was used in ancient times before one went into battle. Soldiers would often stand in formation holding this posture to sync their energies with one another. This stance was used to enhance the bodies energy and to increase physical strength.

Energetically this posture is beneficial in removing energy blockages and assists in releasing toxins back into the earth to be cleansed.

Many report that this posture is beneficial to hold before and after a workout or strenuous activity. This will hasten recovery time and give a boost of energy to get through the activity.



Place arms at each side. Left hand fist closed *(Cylinder optional).*
Right hand open, palm facing behind.
Hold for 2 - 5 minutes.



CLEANSER & RELEASER

The Cleanser & Releaser posture assists in eliminating stagnant energies that have been building up in the body over time. These energies work through a pulsation effect, similar to ocean waves coming onto the shore or the process of breathing in and out. The pulsation effect cleans out old, stagnant energies and sends them back into Earth to be processed.

When your arms are crossed fresh new energy starts to gather within the body; when we open our arms, we release and send out the energy that has been collected.

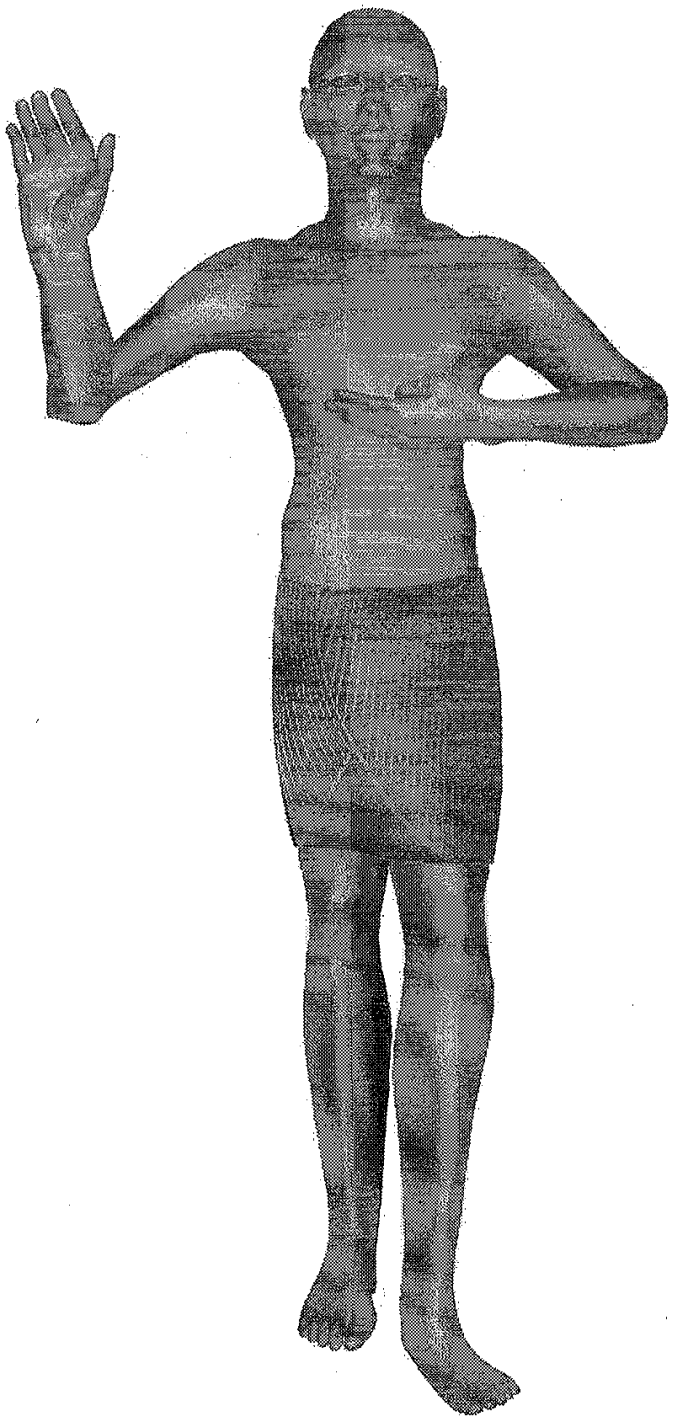
This motion of building and releasing gently cleans our energetic system of old energies that are no longer needed in the body, mind, emotions or spirit. This posture is beneficial for releasing anything that is not needed anymore. You can use intentions and visualizations for this meditation.

From a sitting position, cross arms over chest.
Allow energy to build; hold for 15 seconds or 3 deep breaths.
Lift arms outwards with palms facing forward to release
the energy that has built; hold for an additional 15 seconds.
Repeat at least 8 times.

BLOCKAGE BREAKER

Most people store their emotional energies and blockages around the solar plexus. The Blockage Breaker is a powerful posture that begins the process of breaking down and releasing these energy blockages though the energetic system. Specifically around the solar plexus Chakra band.

The Blockage Breaker posture works by accessing the energies of the atmosphere. When we place our right arm up with our palm facing forward we start to bring the energies of the atmosphere down through the right arm, across the shoulders and down the left arm into the solar Chakra band. This creates a spiraling effect around the solar plexus which starts to break down and gently move these energy blockages out of the energetic system.

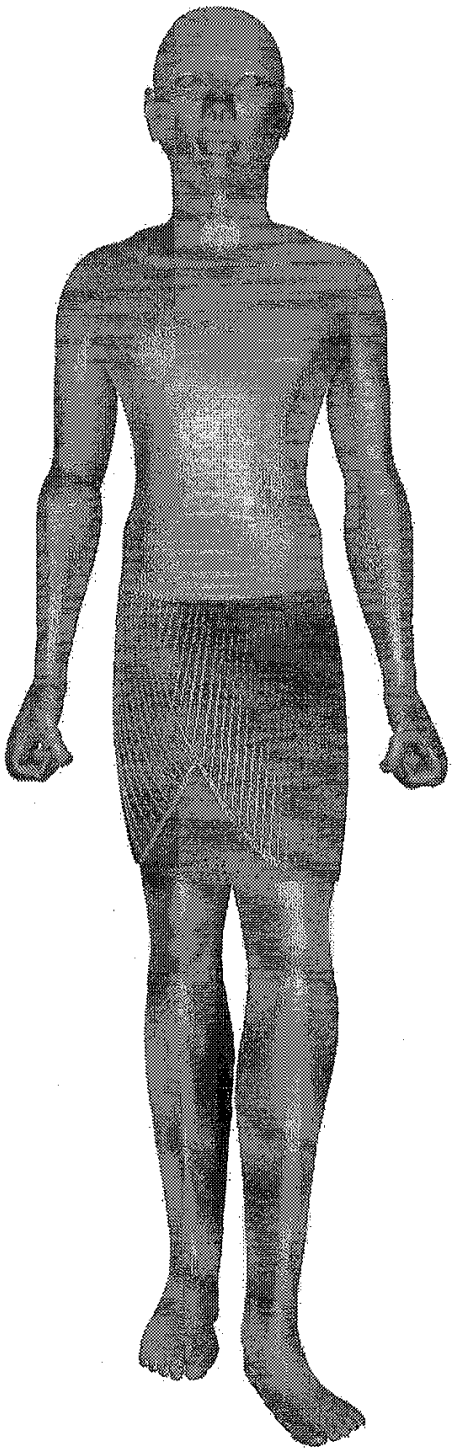


Place left arm in front and across solar plexus, palm facing upward.
Right hand parallel to right shoulder, palm facing forward.
Hold for 2 - 5 minutes.

CONNECTOR

The Connector posture is the most prevalent posture depicted on ancient reliefs and statutes. By standing in this posture the energies of the body start to move up the Chakra system until it reaches the third eye. The third eye is located directly in the center of the brain. This organ is known as the pineal gland.

The Connector posture assists in activating the third eye for the purpose of communication. This is done by projecting our thoughts and intentions directly to a person or being through time, space or dimension. These thoughts will be broadcast directly to them. When we build these energies and practice the Connector posture we strengthen our telepathic and psychic abilities.

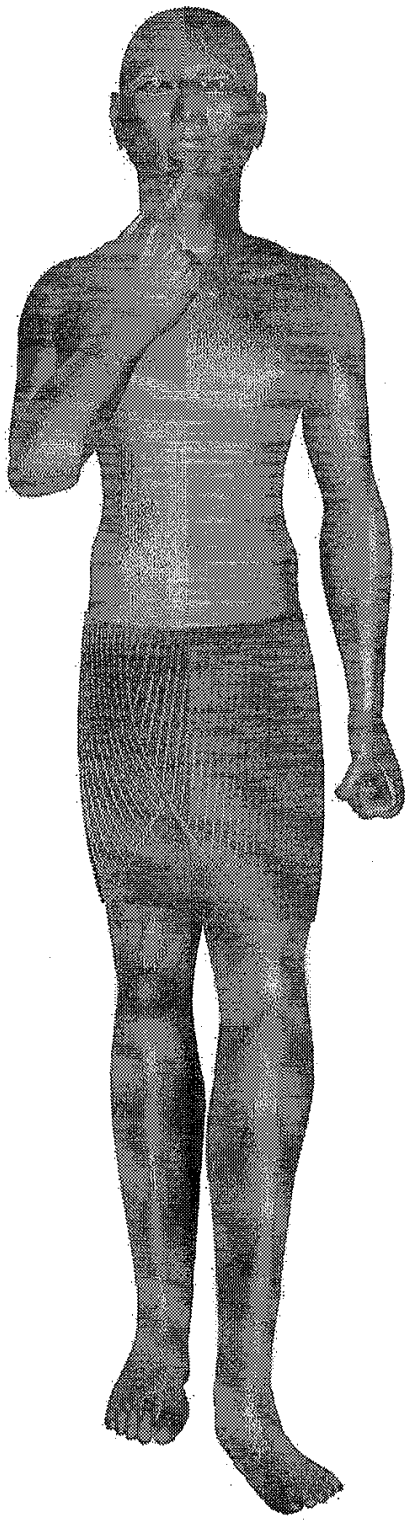


Place arms at sides with hands closed (*Cylinders optional*).
Focus on your Third Eye and think of the intention or projection you would like to communicate out into the universe.
Hold for 2 - 5 minutes.

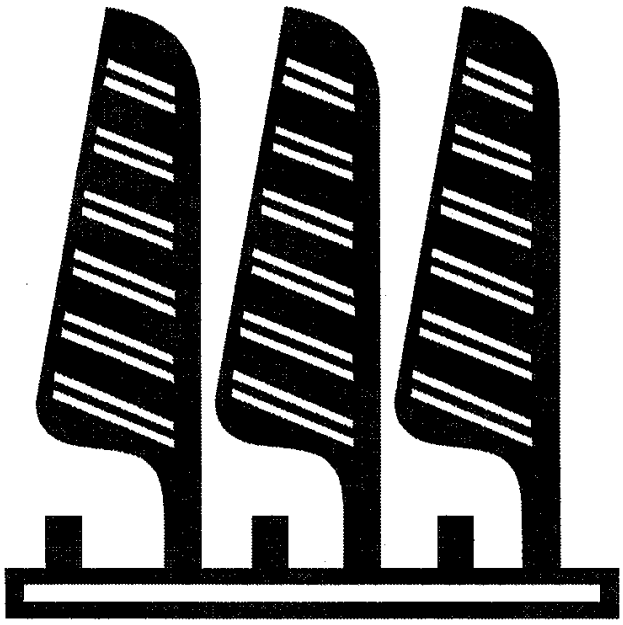
SPIRIT PROTECTOR

The Spirit Protector posture can be seen on many ancient statutes. What makes this posture unique is that you only see this posture being used by children. Children would use this posture as part of their training. By placing the right index finger on your chin, (*also known as the central governing vessel in tradition acupuncture*) you are stimulating the meridian channels. This action assists in opening the channels above the Crown Chakra connecting to spirit guides for receiving energies.

This also assists in generating and building energy through the energetic bodies. The Spirit Protector opens new energy connections within the brain to higher consciousness, which enhances and awakens spiritual gifts. This posture can be done at any age to enhance your connection to spirit and build energies of protection around yourself.



Left arm at side with hand closed (*Cylinder optional*).
Right index finger touching a point on the center of your chin.
Hold for 2 - 5 minutes.

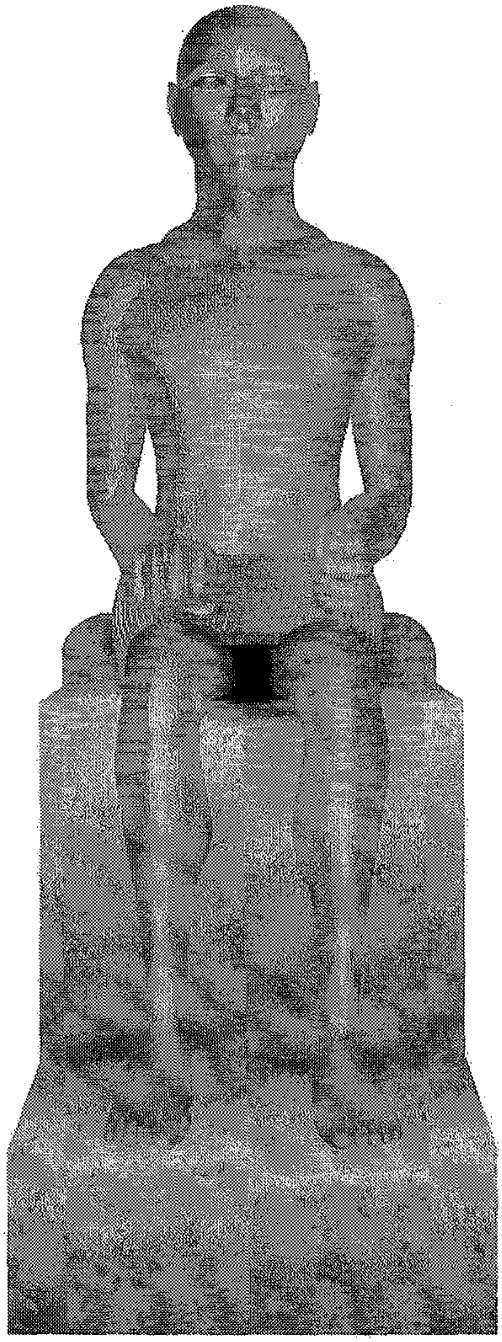


MOMENT OF TRUTH

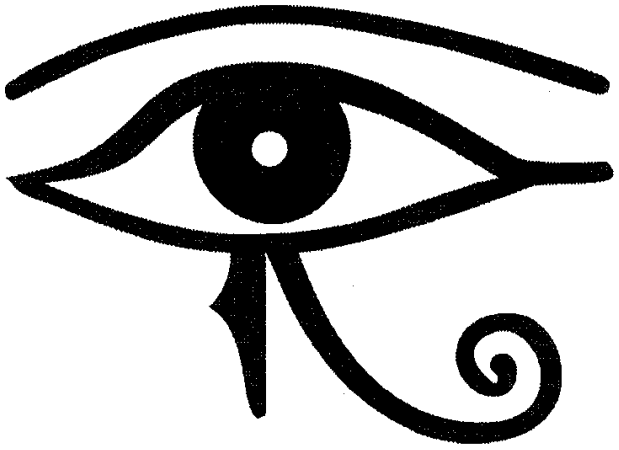
The Moment Of Truth meditation brings a state of clarity to the true nature of reality. As we live in this world we take in information that may or may not be truthful such as belief systems. Misinformation has a non-beneficial effect on our energy bodies. It distorts our reality and leads us down a path of chaos.

The Moment of Truth is a powerful mediation which assists in extracting energies, beliefs and information from the body that are not in truth. This is an advanced posture that should be done everyday, and is especially recommended for healers. The most beneficial time to practice this mediation is first thing in the morning.

This meditation can be amplified by holding an Amethyst crystal in the right hand and a polished Malachite stone in the left. This creates an interference pattern in the body that assists in separating and removing that which is not of truth.



From a seated posture, place both hands closed on the center of upper legs. Right hand facing horizontal, left facing vertical. (*Optional: Hold an Amethyst crystal in right hand and Malachite stone in left hand.*)
Do not hold longer than 10 minutes.

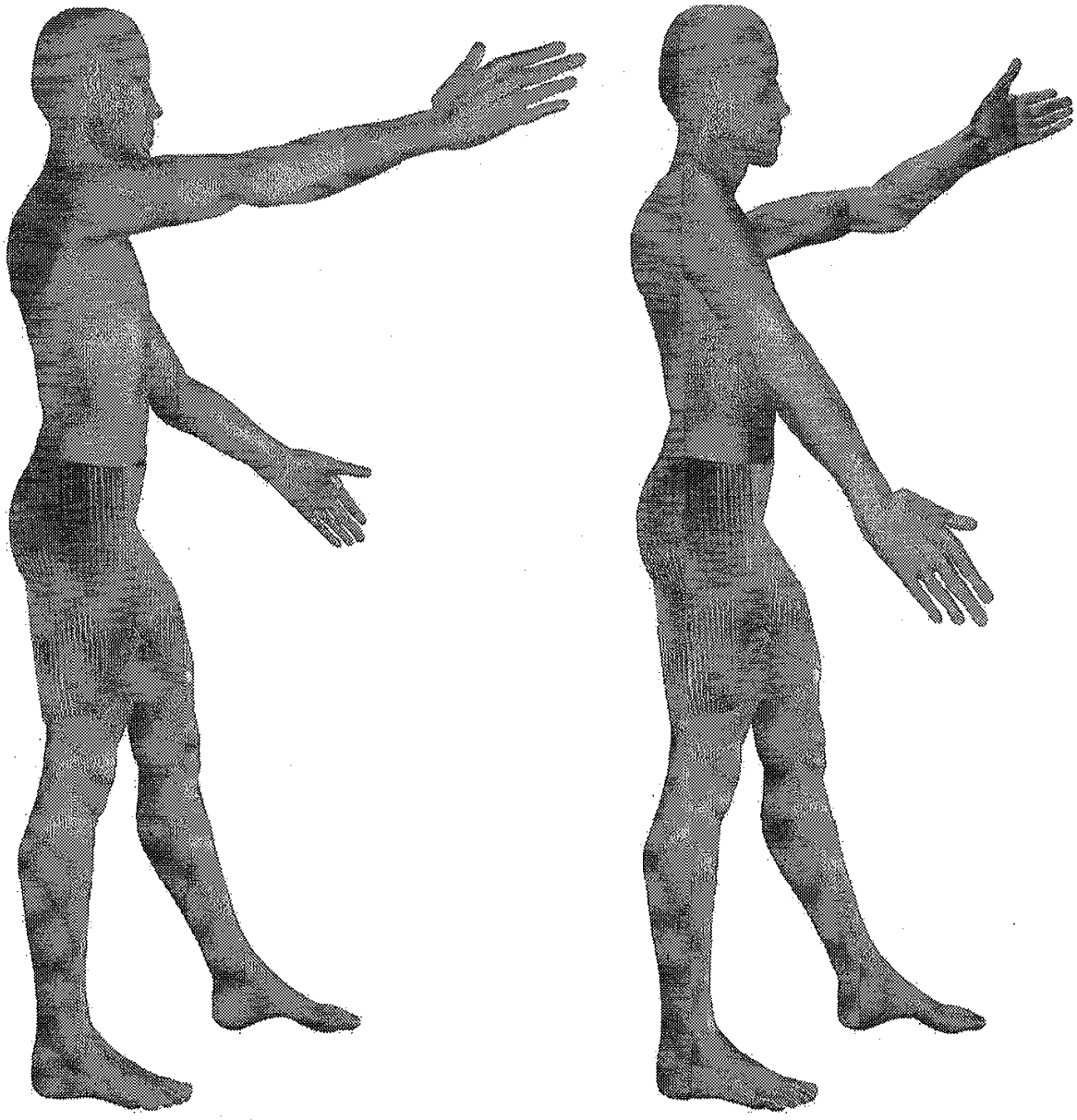


Posture Of The Healer

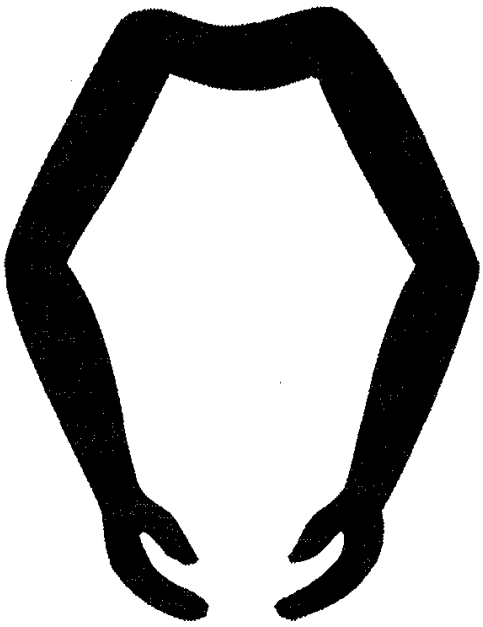
The Posture Of The Healer is used by healers to build and balance their polarities, while strengthening the energies of the entire body. When one practices this movement they are actively filling each Chakra with beneficial healing energy. Keep your arms parallel to one another shoulder width apart. Moving slowly is the key to this posture, as you can feel the energy between your palms start to run down your arms into your body. This posture is useful for clearing meridians, expanding auric fields and clearing spaces.

In ancient artwork this posture is sometime depicted with three people. Two are practicing the movement facing each other while the other person is standing in between, receiving the energy transfer.

This postures is recommended to be practiced before and after an energy healing session to recharge and balance the energetic system.



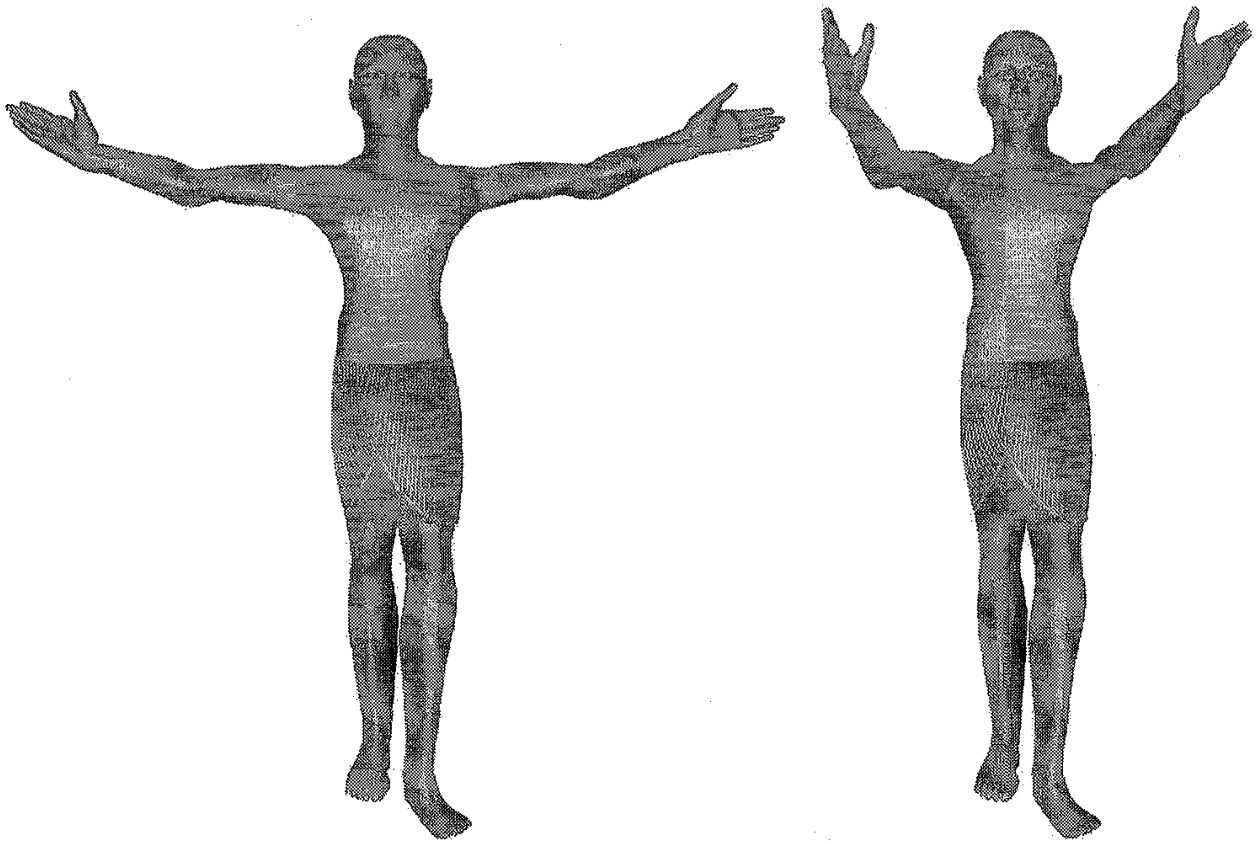
Slowly move arms in an upward and downward movement,
palms facing each other.
Ideally recommended for 5 minutes.



HEALING HANDS

This posture is also a very beneficial for those practicing energy healing. When practicing the Healing Hands posture we start to open, activate and enhance the energies of the hands for the purpose of projecting healing energy. This also starts to activate and center the energies of the Heart Chakra. The Healing Hands movement is also beneficial for balancing the energies of the digestion system.

Healing Hands can be practiced any time and can be used to enhance your energy projection ability. One should practice this posture before an energy healing session or laying on of hands. Your palms should begin to heat up as it accumulates healing energy. This movement will start to increase and strengthen the energy fields around the hands and heart.

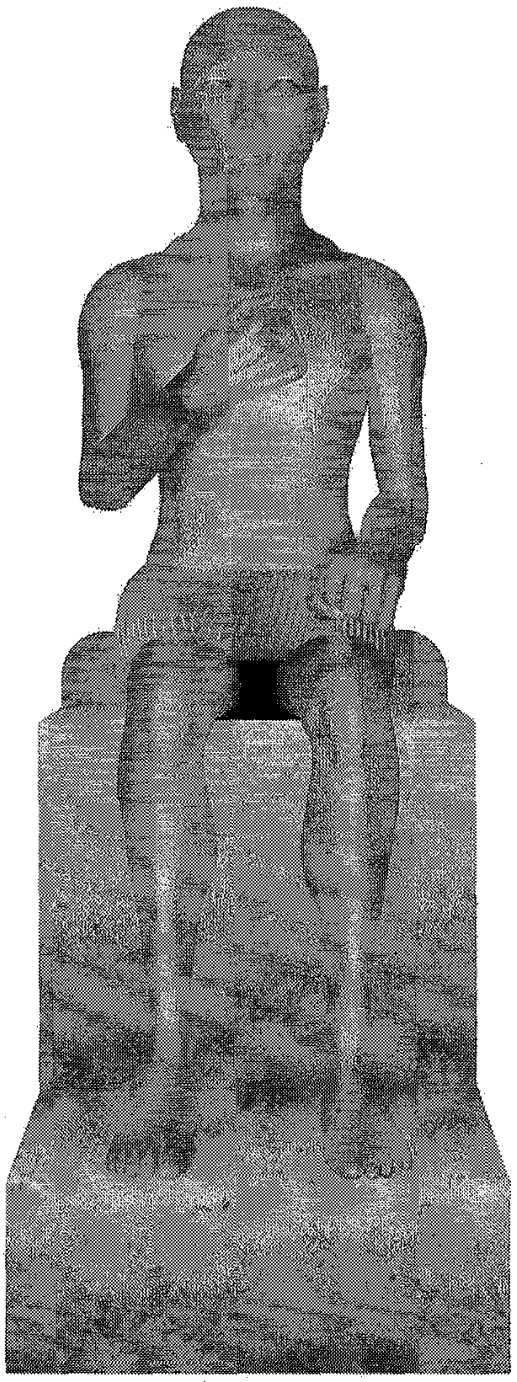


Hold both arms up parallel to shoulders, palms facing forward.
Hold for 15 seconds; slowly move arms in front of body,
palms shoulder width apart in front of the body,
parallel to the Heart Chakra.
Repeat at least 8 times.

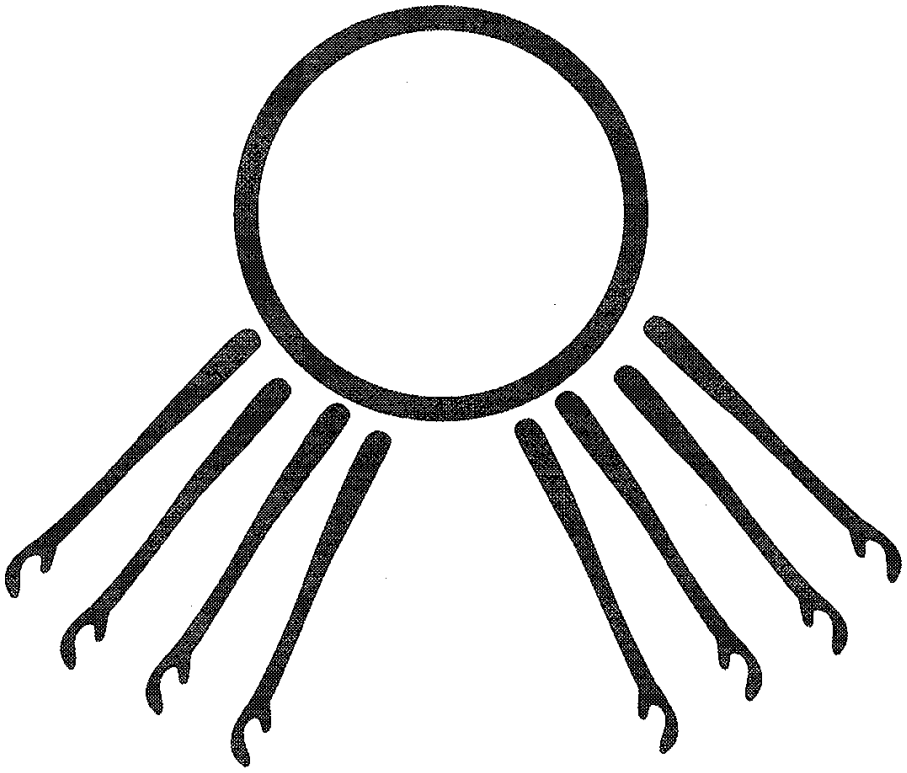
BALANCER

The Balancer is a very important meditation that brings the energetic systems into balance and harmony. As we live our lives, our physical, mental, emotional and spiritual fields start moving in their own directions. This creates an unbalance and a sense of not being present or grounded. When one practices the Balancer posture they are starting the process of bringing all these fields back into balance and alignment.

The Balancer posture also activates the energies of the Heart Chakra, which is beneficial for the balancing of the emotional body. This is a great posture to meditate in when one is going through a release of emotional energy.



From a seated posture, place closed right hand over heart,
place closed left hand on center of left leg.
Hold for 2 - 5 minutes.
(Cylinders optional)

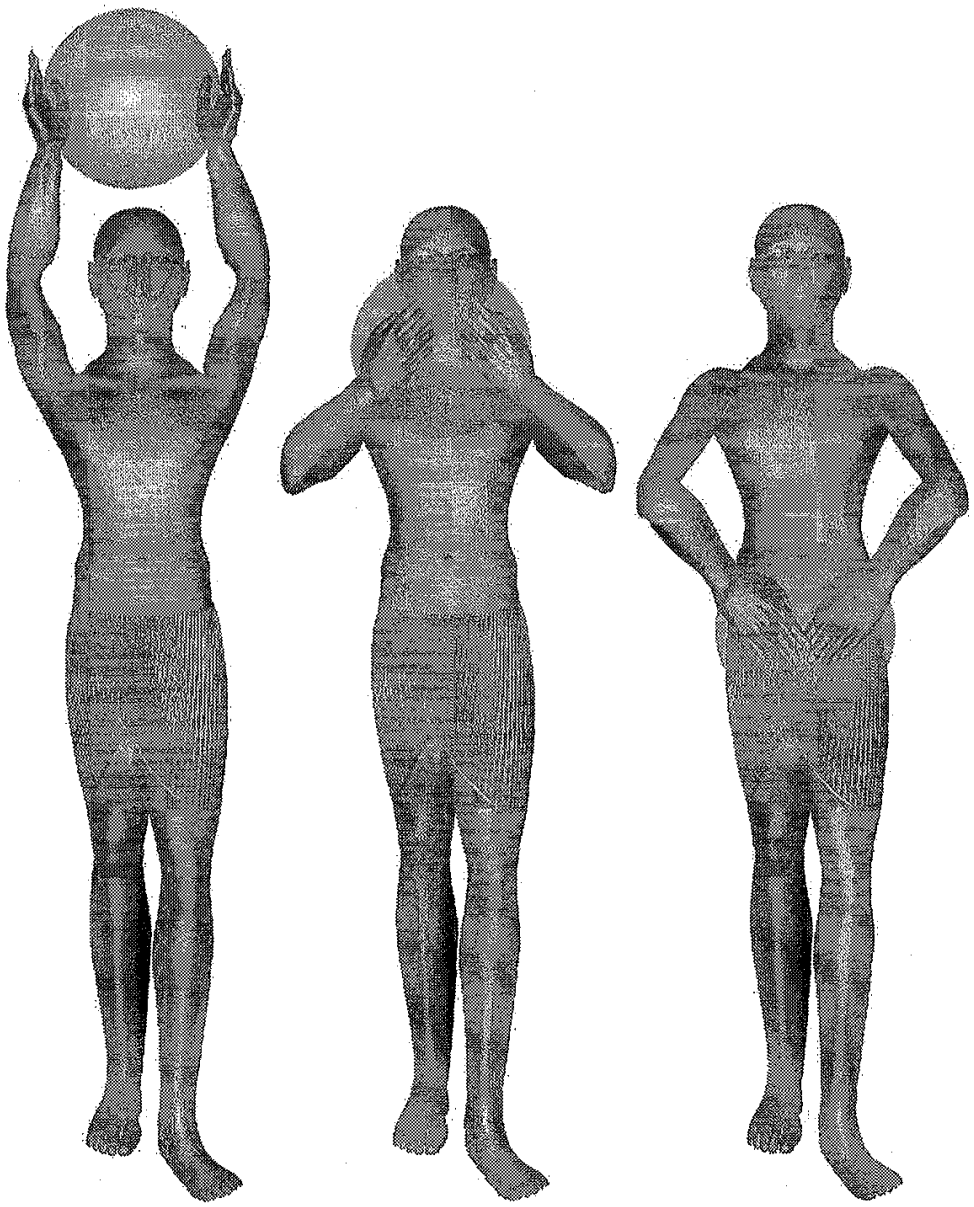


Disc of the Sun Meditation

Resting about six inches to a foot above our heads, sits the solar disc, our 8th chakra. The solar disc is classically depicted sitting on top of the heads of the ancient Egyptian gods. The solar disc is the connection point to our higher self, spiritual wisdom, protection, and the energies of the purifying golden fire.

By holding this solar disc between your hands, you are connecting yourself with your higher divine nature and drawing those energies down through your body.

What makes this chakra special is that we can move it through our other chakras. Once moved, the solar disc will naturally go back to its original position when it has completed its task.



Step 1: In a comfortable standing position, with your left foot forward and your hands by your side. Slowly raise your arms above your head to hold the disc of the sun.

Take three breaths.

Step 2: Slowly bring your arms down, descending the Solar Disc through the center of the body. Rotate palms so they are facing the front of your chakras. Hold the Solar Disc over each chakra for three breaths, as you are descending the chakras from your crown to your root. The Solar Disc awakens each chakra, opening it and purifying it with its golden fire energies.

Step 3: After the Solar Disc reaches your root chakra, imagine the Solar Disc continuing its descent through your legs to under your feet.

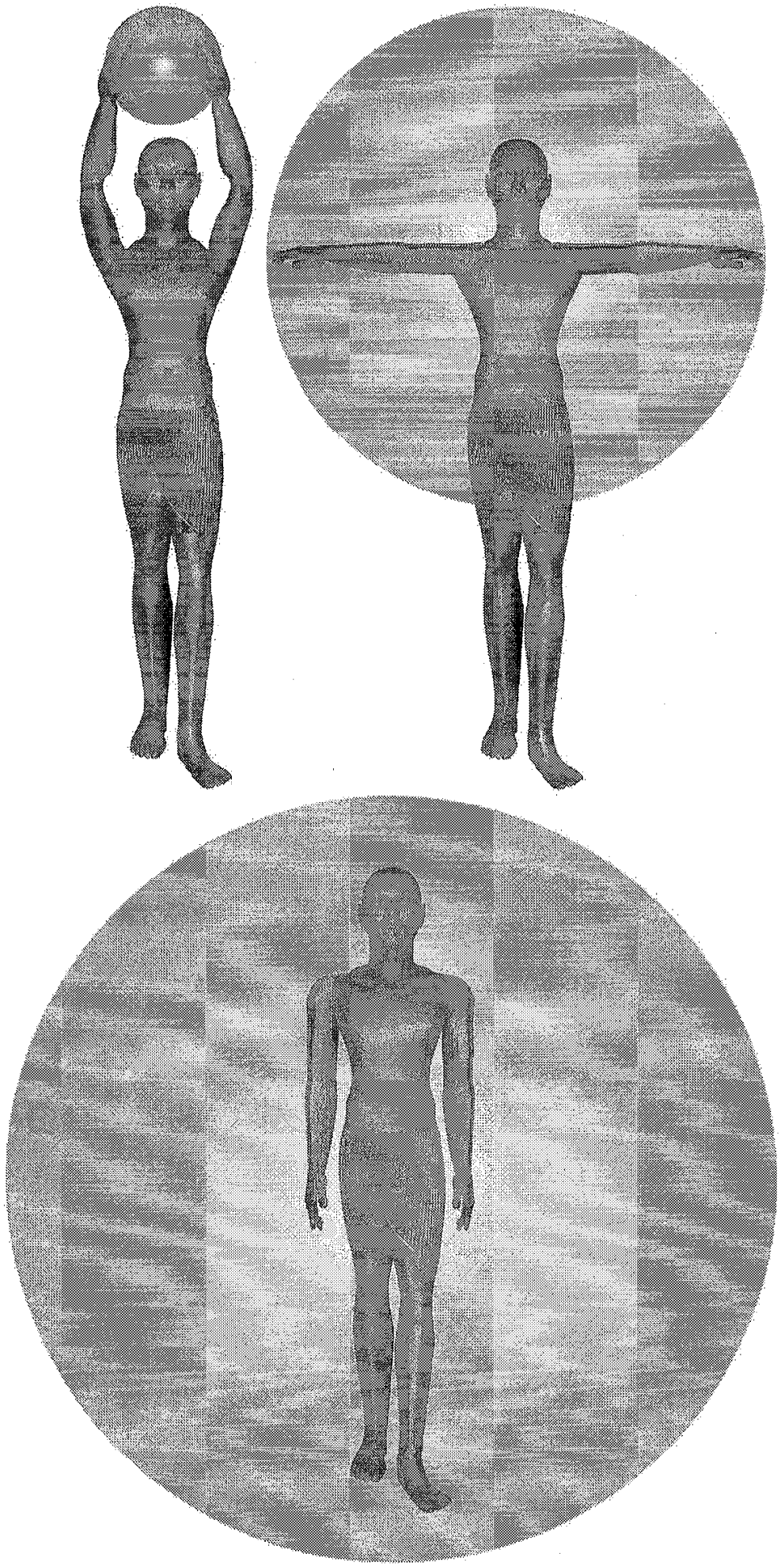
Once it reaches below your feet, the Solar Disc ascends naturally, like a bubble underwater, through the center of your body to its original position above your head.

Step 4: Raise your arms back up to hold the Solar Disc above your head.

Take three breaths.

Step 5: While having your hands on the Solar Disc, rotate your hands so your palms face your right and left direction. Slowly expand the Solar Discs field around your entire body by bringing your arms around your sides. Imagine creating and drawing down an orb of golden fire that surrounds your entire body. This is for purifying and strengthening your energy field, spiritual work, and for protection.

Take three breaths and feel the golden flame around you and within you.



Solar Ball Meditation

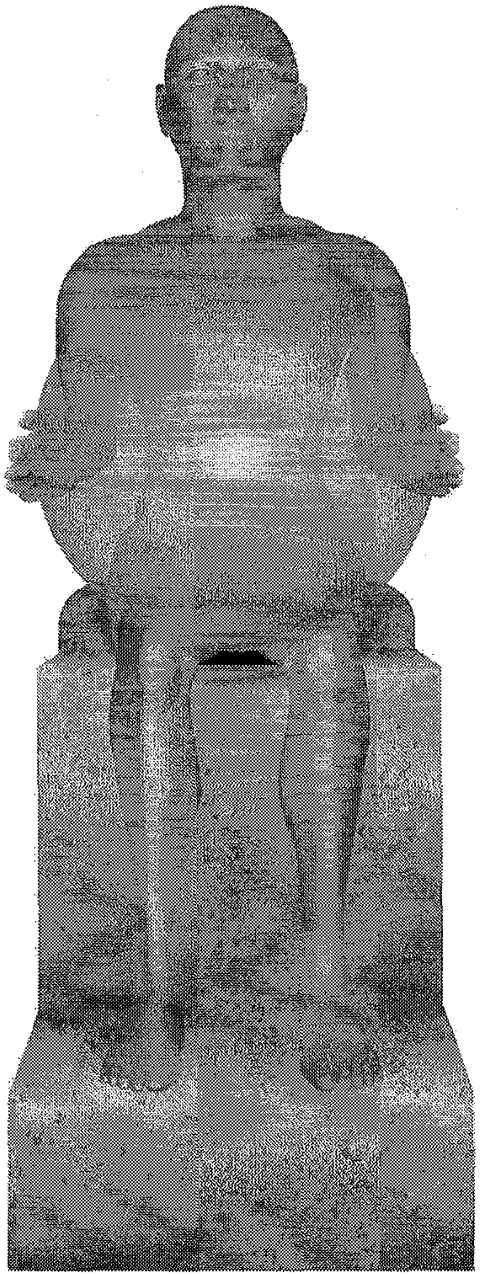
The Solar Ball meditation can be done either by standing, sitting, or laying on your back. The purpose of this meditation is to build a solar ball of Ka energy between the palms of your hands. By holding this Solar Ball in meditation, the Ka starts to accumulate within the Dantain *'filling the bucket'*. Bringing fresh universal life force energy into the body.

During this meditation, try to notice any areas of the body that feel heavy or are calling out for your attention. When you feel you are ready to close the meditation, take the solar ball and place it on the area of your body that you feel needs it the most. Place your hands over that location, hold it and breathe for as long as you deem necessary.

Step 1: Enter the Solar Ball posture, with both arms at your side bent at your elbows, horizontal to your solar plexus, hands open with palms facing each other. As if you are holding an invisible ball in front of your stomach. The size of this ball is up to your discernment.

Step 2: Close your eyes and start focusing on your full-body breathing technique. As you breathe into your Dantian, your stomach expands. Feel the solar ball also expanding as if the breath is filling the ball with energy. As you breathe out, your stomach contracts releasing any toxic energy you are carrying in your body or energy field.

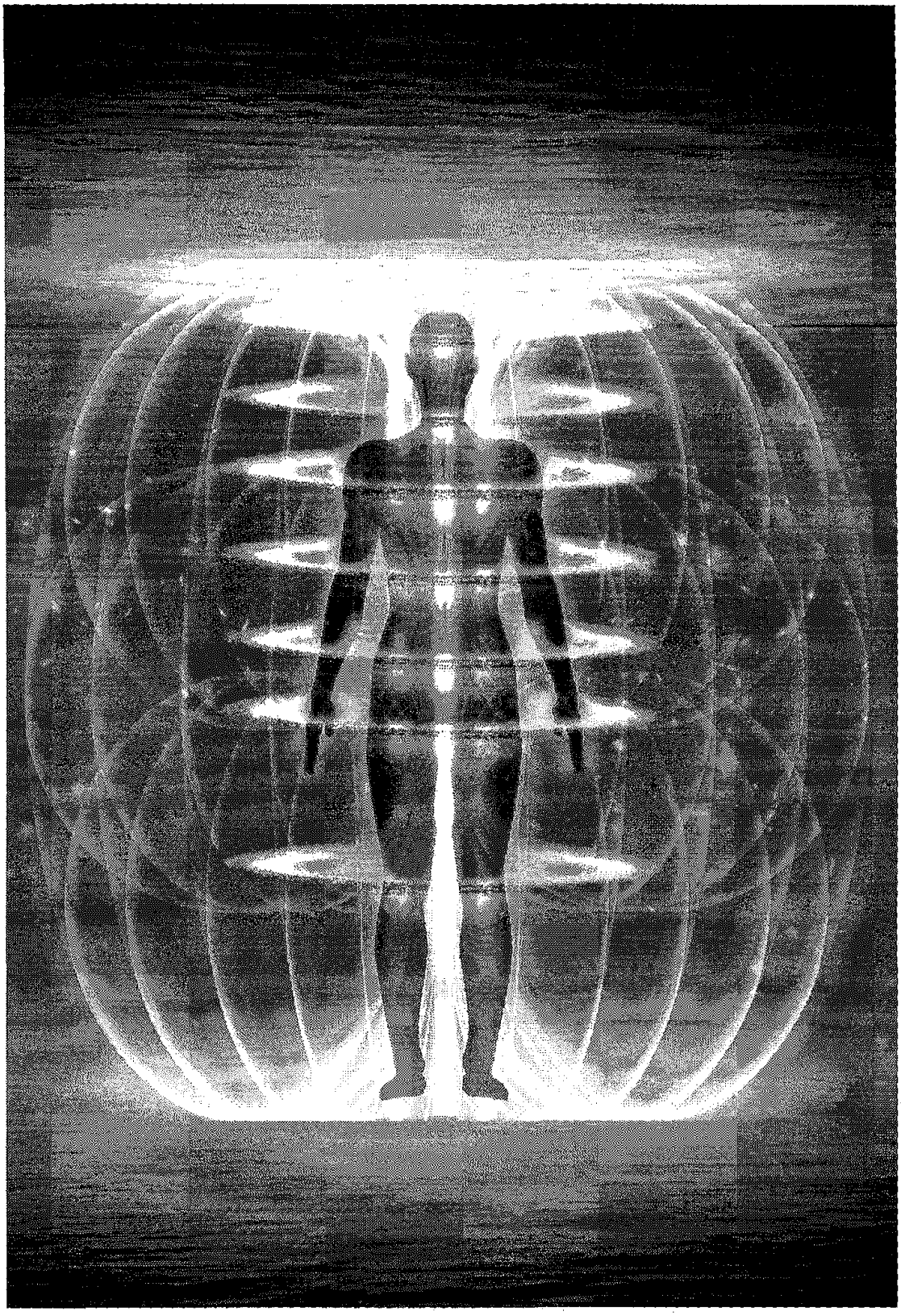
You may notice that your hands will naturally expand out and contract with each breath.



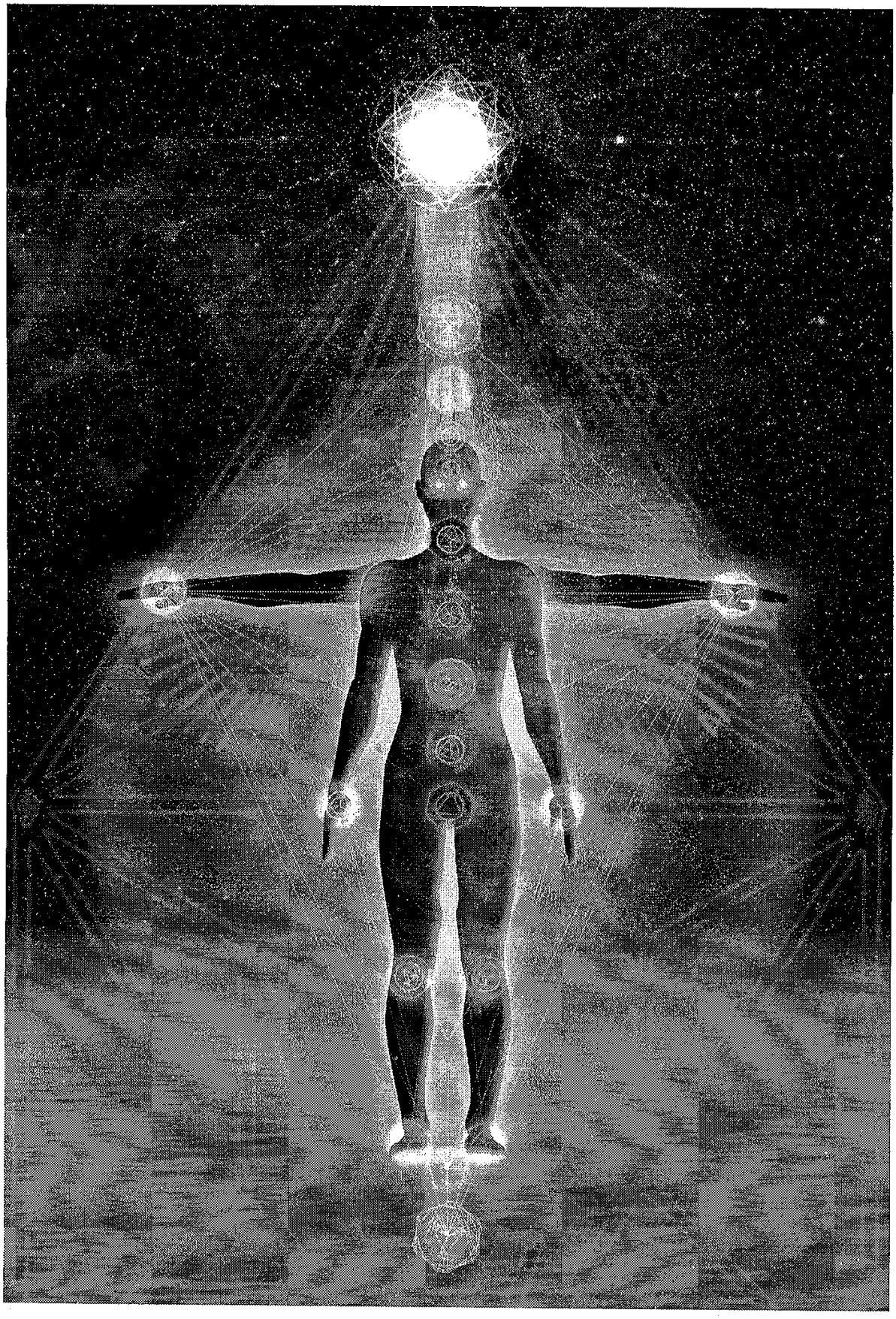
It is recommended to continue this cycle for 2-10 minutes, or until you are ready to end the meditation.

Step 3: When you are ready to conclude the meditation, take the solar ball of pure Ka energy and place it on the location you believe needs the most attention.

If no area is calling you, simply bring the solar ball into your heart, solar plexus, or Dantain, just below your navel.



Jason Quitt's original artwork of the energy bands.



Jason Quitt's original artwork of the chakra systems.

BIBLIOGRAPHY

There are many before me who helped light the flame of curiosity in my search for knowledge. It is impossible to make a complete list of all those who assisted and guided me on my path of discovery. There are also monumental works on which I stand upon. Without their love, dedication, research and ingenuity, I would not be sitting here writing this book for you. With the resources available to the public in our modern age, the greatest works of history can now be translated, referenced and contemplated by all who seek them.

Special Thanks

To Monika, my loving and supportive wife. Thank you for believing in me, my dreams and my path in life.

To my mother, who always let me be who I am, allowing me the freedom to explore and grow into the person I am today.

To Saundra, without your support and guidance, this book would not exist.

BOOKS THAT HAVE INSPIRED THIS WORK:

(In no particular order)

The Egyptian Book Of The Dead
The Pyramid Texts
The Liturgy of Funerary Offerings
Pyramid Texts of Pepi
Pyramid Texts of the Temple of Amun-Ra
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Ebers Papyrus
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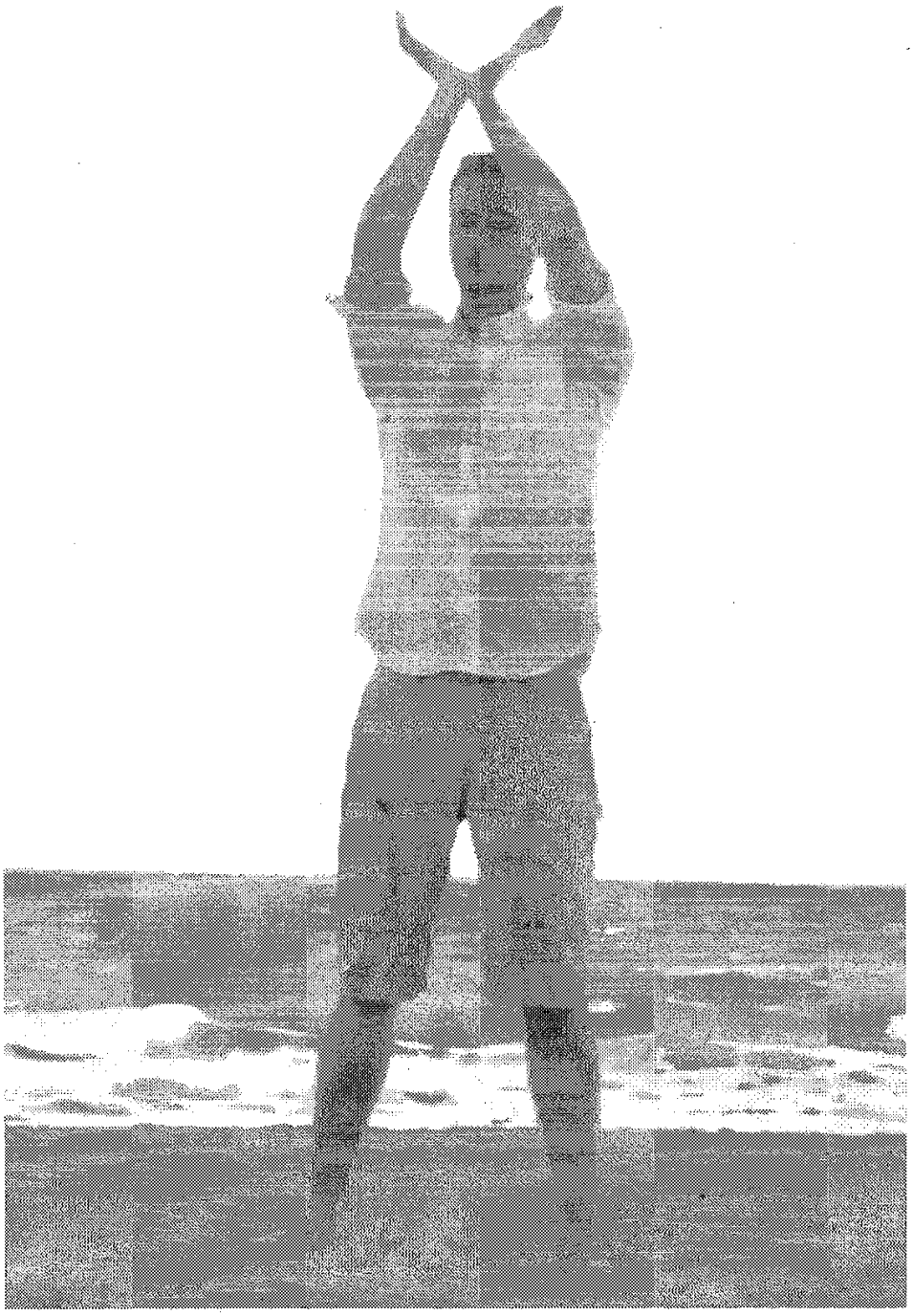
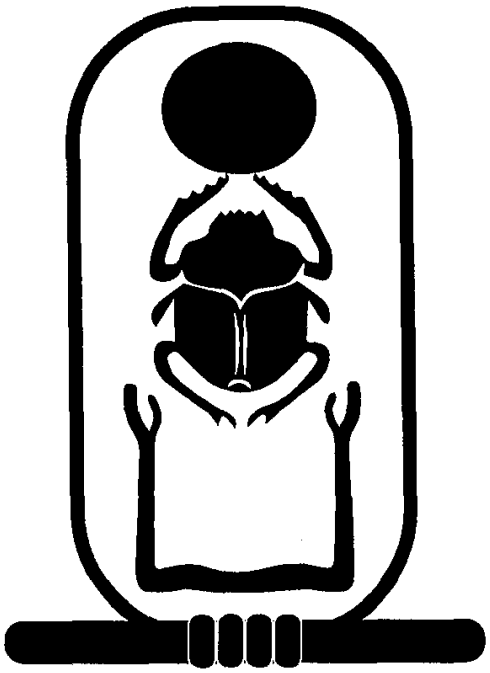
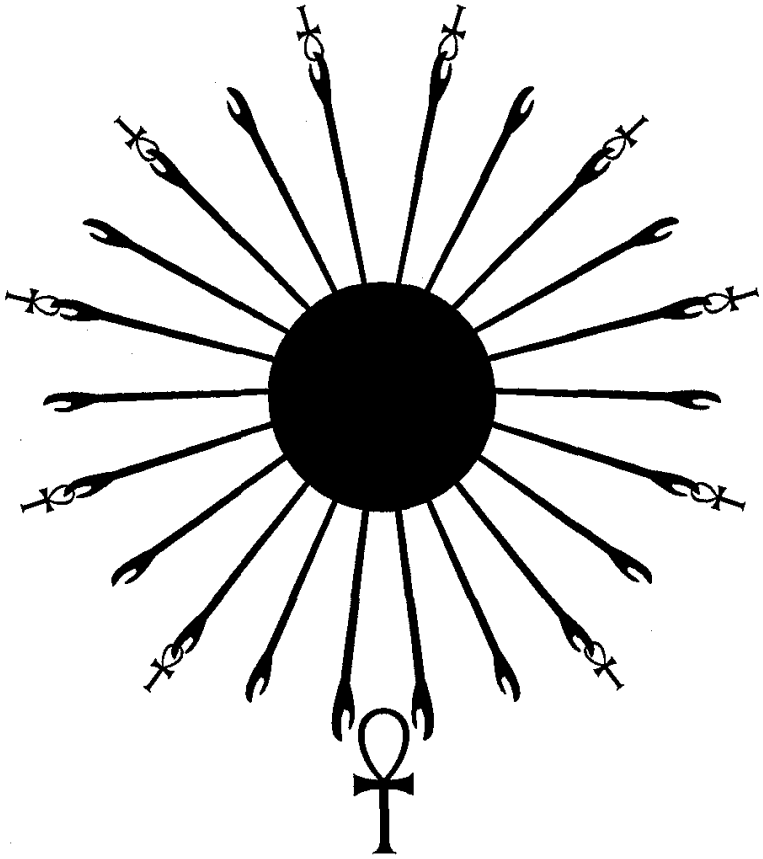




BIOGRAPHY

Jason Quitt has been studying various energy modalities and spiritual practices since 2002. A Graduate of the Institute of Energy Wellness in 2005. Author of Egyptian Postures of Power, Jason has been teaching and lecturing on the subjects of mysticism, astral projection, meditation and Qi Gong since 2010. Jason has continued his study of ancient systems of mysticism, wellness and Shamanism to this day.



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